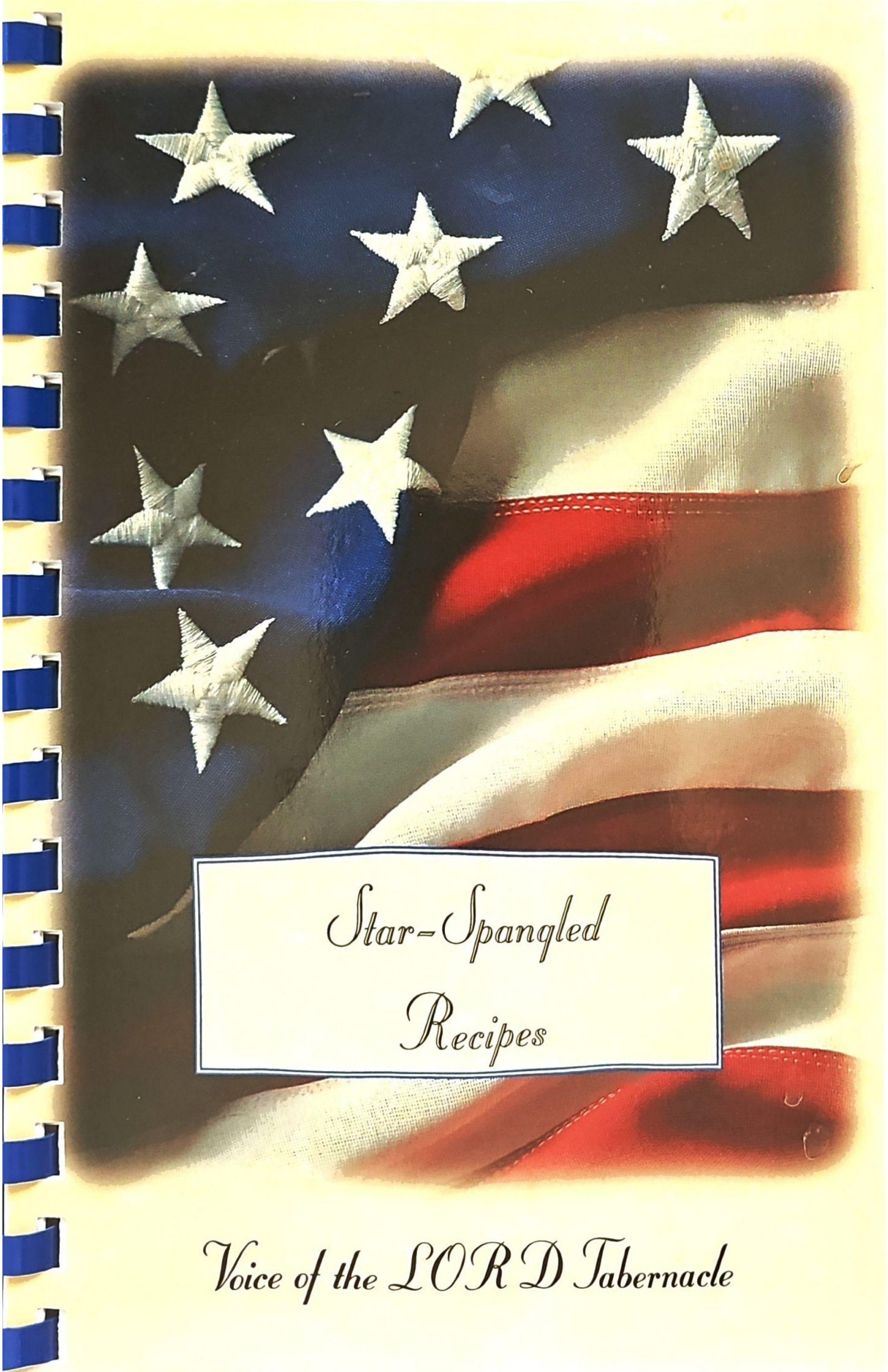

Star-Spangled Recipes

Voice of the LORD Tabernacle

Star-Spangled Recipes

Voice of the LORD Tabernacle

Expression of Appreciation

First and foremost I want to thank the Lord Jesus Christ for opening the doors of Voice of the LORD Tabernacle, helping us to make this cookbook, for saving my soul and everything He is to me. I would like to thank everyone who shared their recipes, time and help in the making of this cookbook. With special thanks to the Cookbook Committee; without your help this book would have never been finished!! I would also like to give an "Extra Special" thanks to my husband, Billy Douglas, for all his encouragement, and the many hours he spent typing and counting recipes. May God bless each of you.

Reesie Douglas

Dedication

We would like to dedicate this page in memory of all those who lost their lives in the terrorist attack on September 11, 2001.

"Precious in the sight of the LORD is the death of His saints."

Psalms 116:15

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FROM MY COOKBOOK

Recipe Name	Page Number

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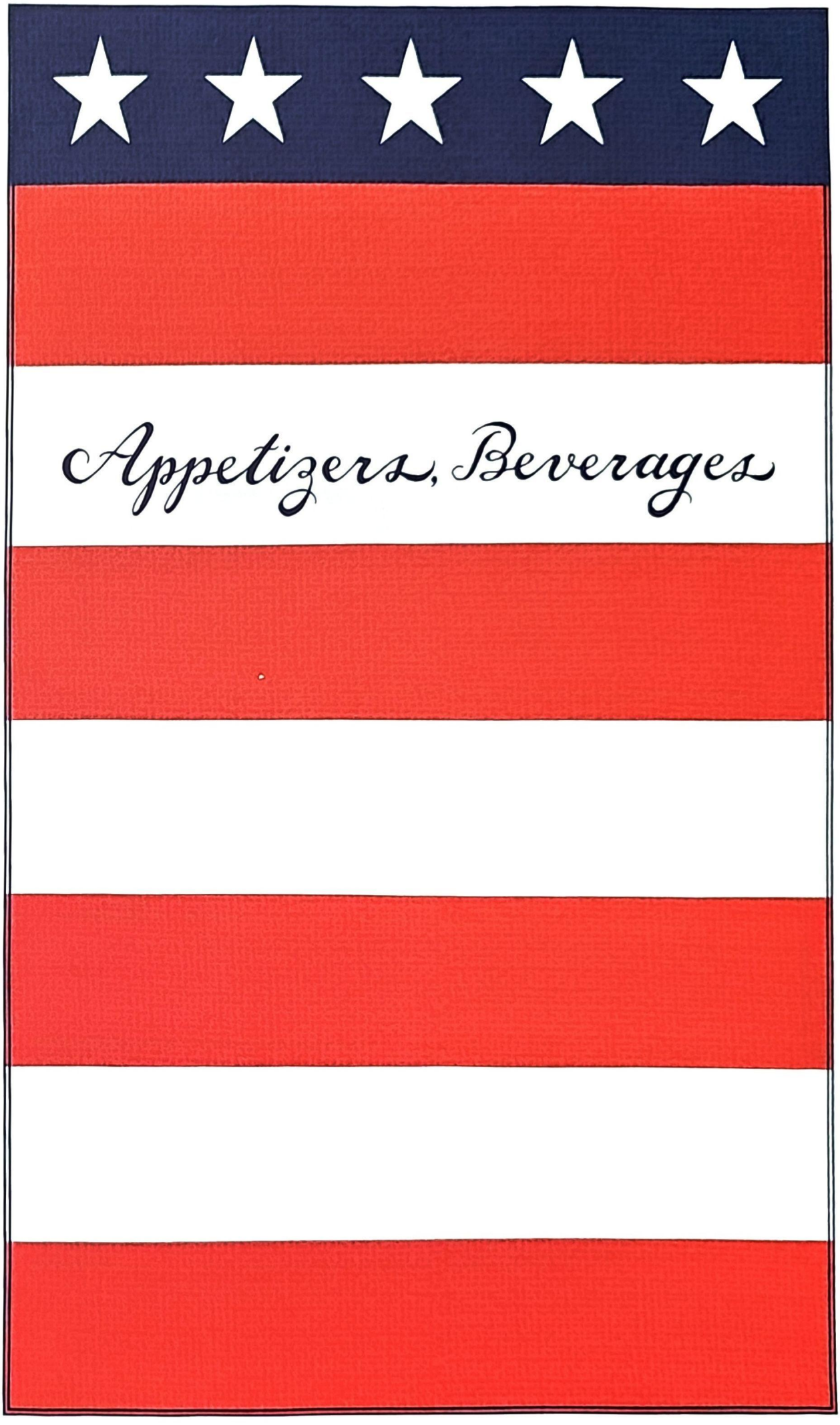
Appetizers, Beverages

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ lb.	¾ to 1 lb.	1½ lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1½ qt.	2½ to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1¾ to 2 qt.	2½ to 4 qt.
Jams & preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6½ lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7½ lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4¼ qt.	2¼ gal.	4½ gal.
Scalloped potatoes	4½ qt. or 1 12x20" pan	8½ qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gal.	2½ gal.	5 gal.
Baked beans	¾ gal.	1¼ gal.	2½ gal.
Jello salad	¾ gal.	1¼ gal.	2½ gal.
Canned vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ lb.	75 lb.	150 lb.
Fruit cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping cream	¾ pt.	1½ to 2 pt.	3 pt.
Ice Cream:			
Brick	3¼ qt.	6½ qt.	12½ qt.
Bulk	2¼ qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
Beverages:			
Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1½ gal. water	⅙ lb. and 3 gal. water	⅓ lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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APPETIZERS, BEVERAGES

SALSA

2 green onions, diced
2 ripe tomatoes, diced
½ tsp. salt
½ tsp. black pepper
Dash of Tabasco sauce
1 (14 oz.) can stewed tomatoes

Dice the stewed tomatoes and combine in saucepan with onions, fresh tomatoes, salt, and pepper. Bring to just a boil. Boil hard 1 minute and remove from heat. Put half of the mixture through a blender just to mince fine, but not puree. Return to remaining half of mixture. Add Tabasco to taste. Cool and refrigerate in tightly covered container.

Billy Douglas

7-LAYER MEXICAN DIP

1 (8 oz.) pkg. cream cheese, softened
1 Tbsp. taco seasoning mix
1 c. guacamole
1 c. salsa
1 c. shredded lettuce
1 c. shredded sharp Cheddar cheese
½ c. chopped green onions
2 Tbsp. sliced, pitted ripe olives

Mix cream cheese and seasoning mix. Spread on bottom of a 9 inch pie plate. Layer remaining ingredients over cream cheese mixture. Refrigerate.

Reesie Douglas

RO-TEL DIP

1 lb. hamburger meat
1 lb. sausage
1 large onion, finely chopped
1 lb. jalapeno cheese
1 lb. Velveeta cheese
1 can Ro-Tel tomatoes
1 can cream of chicken soup

Brown hamburger meat and sausage together; set aside. Saute onion; set aside. Melt the jalapeno cheese and Velveeta cheese; add Ro-Tel tomatoes and soup. Add hamburger meat, sausage, and sauteed onion; heat until bubbly. Serve with chips.

Reesie Douglas

BEEF AND SAUSAGE DIP

1 lb. ground beef
1 lb. sausage
1 medium onion, chopped
1 lb. Velveeta cheese
1 can cream of mushroom soup
8 oz. sour cream
4 Tbsp. green chilies

Brown beef, sausage, and onion. In saucepan, melt 1 pound Velveeta cheese, cut into chunks. Add cream of mushroom soup, 8 ounces sour cream, and green chilies. Drain meat and add other ingredients.

Amy Willis

FRUIT DIP

1 (8 oz.) cream cheese
1 small marshmallow cream
Food coloring (optional)

Mix well. Serve with your choice of fresh fruit.

Ellie Johnson

CARAMEL APPLE DIP

1 c. butterscotch chips
1 can sweetened condensed milk
¼ Tbsp. cinnamon
1 Tbsp. lemon juice
Fresh apple slices

Mix together the first 4 ingredients in a microwave-safe bowl. Microwave on HIGH for about 1 minute; stir and microwave again for another minute. Stir again. Do this until chips are melted. Dip apples in this while it is still warm.

Amy Willis

CHEESE BALL

2 (8 oz.) cream cheese
1 small can crushed pineapple
¼ c. chopped green pepper
¼ c. chopped green onion
2 c. nuts, chopped fine

Have cream cheese at room temperature; drain pineapple. Chop onion, pepper, and nuts. Mix cream cheese, pineapple, onion, pepper, and 1 cup of nuts. Roll into 2 balls, then roll in the nuts.

Peggie Sullivan

PINEAPPLE CHEESE BALL

2 (8 oz.) pkg. cream cheese
2 Tbsp. chopped green pepper
2 Tbsp. chopped onion
¼ c. drained crushed pineapple
2 tsp. seasoned salt
2 c. chopped pecans

Soften cream cheese; add next 4 ingredients and 1 cup of pecans. Mix well. Divide into 2 balls and roll in remaining pecans. Chill and serve with crackers.

Mary St. Clair

HAM CHEESE BALL

2 (8 oz.) pkg. cream cheese
3 green onions, chopped
1 Tbsp. Worcestershire sauce
½ lb. shaved ham, chopped
Garlic powder to taste

Mix all ingredients, except ham, well. Add about ¾ of ham and save the rest to roll ball in. Makes 1 large or 2 small balls.

Peggie Sullivan

SAUSAGE BALLS

10 oz. Cheddar cheese, grated **2½ c. Bisquick**
1 lb. hot sausage

Add together and shape into balls. Place on cookie sheet. Bake at 350° for 15 minutes.

Sandie Johnson

SWEDISH MEATBALLS

3 lb. ground beef

Mix:

1 pkg. onion soup mix **4 Tbsp. Worcestershire sauce**
⅔ small can Pet milk

Let set to thicken. Mix with ground beef. Form balls. Broil 10 minutes.

Sauce:

¾ c. brown sugar **4 Tbsp. Worcestershire sauce**
2 c. ketchup

Simmer until well dissolved. Place meatballs in a crock-pot; pour sauce over meatballs.

Sandie Johnson

SWEDISH MEATBALLS

2 lb. ground beef **4 Tbsp. Worcestershire sauce**
1 env. onion soup mix **5 oz. Pet milk**

Sauce:

4 Tbsp. Worcestershire sauce **2 c. ketchup**
¾ c. brown sugar

Mix meatball ingredients and let set for 5 minutes, then broil for 10 minutes; place in crock pot. Mix sauce ingredients together and pour over meatballs. Cook until hot.

Reesie Douglas

PUNCH

2 pkg. cherry Kool-Aid (can use raspberry or strawberry) **1 c. sugar**
1 can pineapple juice

Add enough water to make a gallon. Freeze a mold with punch in it. When ready to serve, place the mold in the punch to keep it cold. Add cold 7-Up, Sprite, or ginger ale and pineapple sherbet to punch bowl.

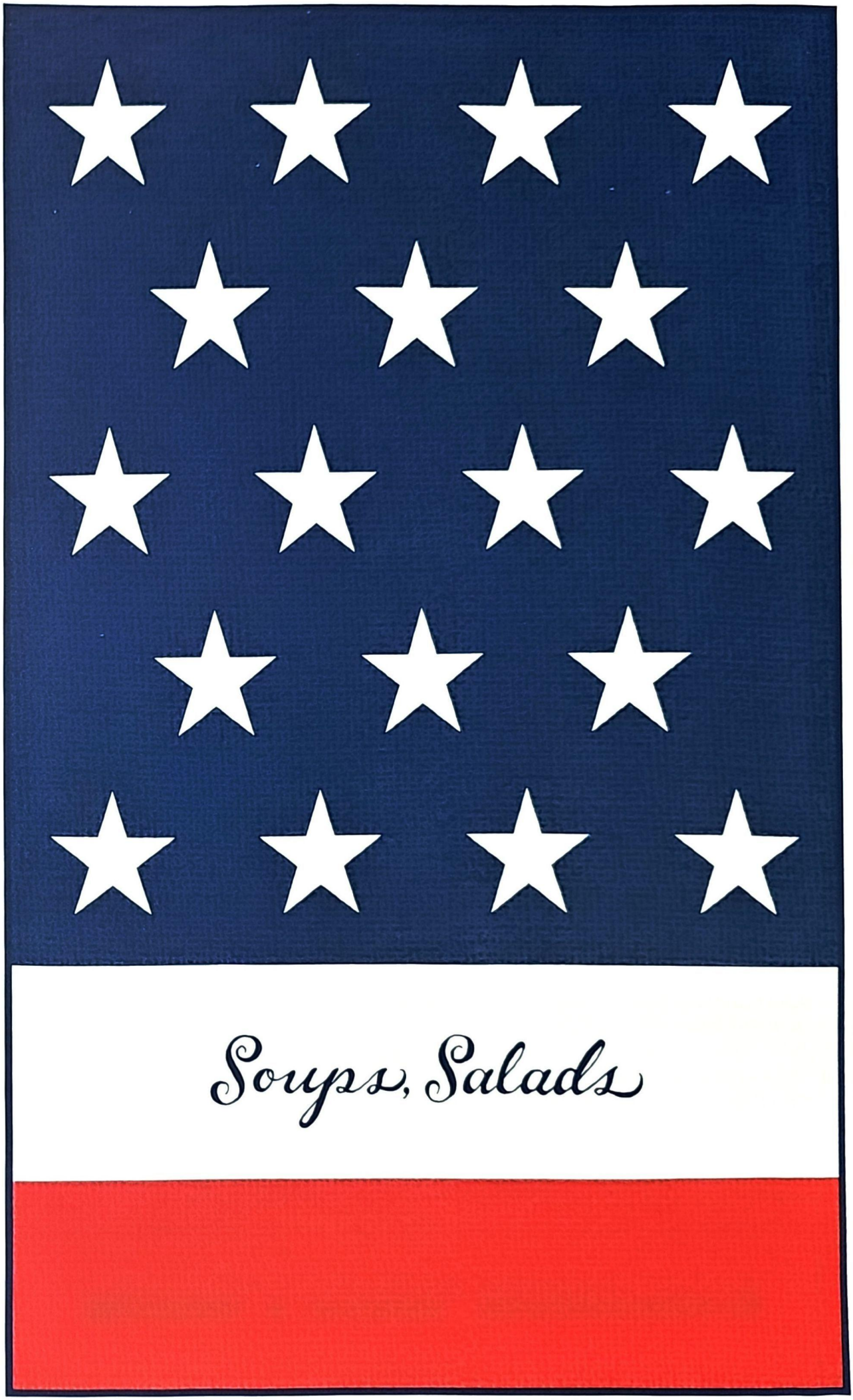
Vonnie St. Clair

ORANGE PUNCH

½ gal. orange sherbet
2 qt. lemonade
2 qt. orange Kool-Aid
1 large can pineapple juice
1 bottle ginger ale or 7-Up

Cut sherbet into pieces; place in punch bowl. Pour other ingredients over sherbet just before serving.

Teresa Parker


Soups, Salads

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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SOUPS, SALADS

HOMEMADE VEGETABLE SOUP

½ lb. ground beef
4 potatoes, peeled and diced
½ small head cabbage
½ c. macaroni
1 can whole kernel corn
1 can diced tomatoes
1 can mixed vegetables
1 can pork 'n' beans
1 small onion, chopped

Boil potatoes, cabbage, and macaroni in large saucepan until tender. Add all other ingredients (except ground beef). Stir well. Form ground beef into small balls and drop into soup. Boil over medium heat for approximately 30 minutes, or until meat is cooked thoroughly.

Myrtle Douglas

POTATO SOUP

8 large potatoes
1 diced onion
1 c. milk
Salt (to taste)
Pepper (to taste)

Square potatoes. Boil with onion and seasoning. When they look a little thick and are very tender, mash them up with fork. Do not drain. Add milk. Simmer for 30 minutes to 1 hour. Yields about 4 servings.

Kathy Lanham

BROCCOLI SOUP

1 onion
1 stick butter
1 (16 oz.) Cheez Whiz
2 (10 oz.) pkg. chopped broccoli
3 cans cream of mushroom soup
3 small cans evaporated milk

Chop and saute the onion in the butter. Thaw and drain the broccoli; cook in microwave for about 2 minutes. Combine all ingredients in crock pot and cook on HIGH for 2 hours.

Easie Cecil

RESTAURANT CHILI

1 lb. ground beef
1 (14.5 oz.) can tomato sauce
1 (14.5 oz.) can kidney beans (with liquid)
1 (14.5 oz.) can pinto beans (with liquid)
½ c. diced onion
¼ c. diced celery
2 medium tomatoes, chopped
1 tsp. cumin powder
2 Tbsp. chili powder
1 tsp. black pepper
2 tsp. salt
1 c. water

Brown the ground beef in a skillet over medium heat; drain off the fat. Using a fork, crumble the cooked beef into pea-size pieces. In a large

pot, combine the beef plus all the remaining ingredients and bring to a simmer over low heat. Cook, stirring every 15 minutes, for 2 to 3 hours. Makes about 12 servings.

Reesie Douglas

BILLY'S CHILI

2 (15 oz.) cans chili beans
1 can Heinz Sloppy Joe sauce
1 c. cooked elbow macaroni
1 pkg. chili seasoning
1 lb. browned ground beef, drained
½ c. ketchup
Tomato juice

Mix all ingredients, except tomato juice. Heat, then add tomato juice (any amount desired).

Billy Douglas

HOMESTYLE CHILI

2 lb. ground beef
4 (28 oz.) cans chili beans
1 chopped onion
2 (12 oz.) cans diced tomatoes
1 can juice
Salt (to taste)
Chili powder (to taste)
Garlic (to taste)
Pepper (to taste)
Macaroni (optional)

Brown ground beef; add all seasons and drain. Mix beans and beef in large pot. Add tomatoes, tomato juice, and onion. Add prepared macaroni if desired. Let simmer for 30 minutes. Add additional chili powder if desired.

Kathy Lanham

COLE SLAW

8 c. finely chopped cabbage
¼ c. carrots, shredded
⅓ c. sugar
½ tsp. salt
⅛ tsp. pepper
¼ c. milk
½ c. mayonnaise
¼ c. buttermilk
1½ Tbsp. white vinegar
2½ Tbsp. lemon juice

In salad bowl, mix all ingredients, except cabbage and carrots. Beat until smooth. Add cabbage and carrots and mix well. Cover and refrigerate for at least 2 hours.

Billy Douglas

CREAMY COLE SLAW

1 (16 oz.) pkg. cole slaw mix
¾ c. mayonnaise
¾ tsp. seasoned salt
¼ tsp. celery salt
⅓ c. sour cream
¼ c. sugar
½ tsp. ground mustard

Place cole slaw mix into large bowl. In small bowl, combine remaining ingredients; stir until blended. Pour over cole slaw mix and toss to coat. Refrigerate until serving.

Ellie Johnson

GREEN PEA SALAD

4 c. chopped lettuce
1 c. chopped celery
1 c. chopped green pepper
1 c. chopped onions
2 cans green peas, drained
2 c. salad dressing
6 Tbsp. sugar
1 lb. bacon, cooked and crumbled (if desired)
1½ c. Cheddar cheese

Mix salad dressing with sugar. Make layers as listed or mix all together as a tossed salad.

Ruth Ann Slinker

SAUERKRAUT SALAD

1 can kraut, rinsed and drained
1 (4 oz.) jar pimento, drained
1 c. chopped onions
1 diced green onion
½ c. vinegar (white)
½ c. sugar

Combine all ingredients; mix well. Keep refrigerated overnight.

Peggie Sullivan

CORNBREAD SALAD

1 pan cornbread, crumbled
1 can Ranch or chili beans
1 can whole kernel corn, drained
2 c. Cheddar cheese
1 c. cooked and crumbled bacon

Dice together:

1 bell pepper
6 green onions
3 tomatoes

Dressing - Mix together:

1 pt. mayonnaise
1 c. sour cream
1 pkg. dry Ranch dressing mix

Layer cornbread, beans, corn, tomato mixture, dressing, bacon, and cheese. Put in bowl with a lid and refrigerate overnight.

Ruth Ann Slinker

BOLOGNA SALAD

1 (16 oz.) pkg. bologna, shredded
1 (16 oz.) jar creamy salad dressing
1 (16 oz.) jar sweet pickles
1 lb. American cheese

Use a slaw shredder to shred bologna, cheese, and pickles. In a large bowl, mix the bologna, cheese, and pickles with desired amount of creamy salad dressing. Refrigerate 2 to 3 hours, or until chilled.

Billy Douglas

THREE LAYER SALAD

First layer:

3 oz. orange jello
1 c. hot water
½ c. cold water
1 can crushed pineapple, drained
2 c. mini marshmallows

Dissolve jello in water. Add pineapple and marshmallows. Let set in refrigerator.

Second layer:

2 eggs, beaten well
3 Tbsp. corn starch
1 c. sugar
2 c. pineapple juice

Cook until thick; let cool. Spread on jello.

Third layer:

1 ctn. Cool Whip
1 (8 oz.) cream cheese

Mix warm cream cheese and Cool Whip with mixer and place on top of salad. Chill. Sprinkle grated cheese on top if desired.

Ruth Ann Slinker

SEVEN LAYER SALAD

Day 1:

Head lettuce, chopped
½ c. onions, chopped
½ c. celery, chopped
1 can water chestnuts
1 small bag frozen peas
1 small jar mayo or salad dressing

Combine all ingredients, then sprinkle a little sugar on top. Let set overnight.

Day 2: Slice 2 or 3 tomatoes; slice 4 boiled eggs. Fry 6 slices of bacon; crumble on top. Sprinkle shredded cheese on top.

Barbara Thomasson

COTTAGE CHEESE SALAD

1 (3 oz.) box jello (lime-flavored)
1 (32 oz.) cottage cheese
1 (8 oz.) can crushed pineapple
1 (8 oz.) Cool Whip

In a bowl, put cottage cheese and sprinkle dry jello over it. Mix well. Drain pineapple, then add to mixture; fold in Cool Whip. Refrigerate until ready to serve.

Tonia Shocklee

COTTAGE CHEESE SALAD

16 oz. cottage cheese
8 oz. Cool Whip
1 can pineapple tidbits, drained
1 box lime or strawberry jello

Mix cottage cheese, Cool Whip, and pineapple in bowl. Sprinkle dry jello over mixture and stir gently. Cool in refrigerator for 2 hours before serving.

Ellie Johnson

APRICOT JELLO SALAD

1 large or 2 small boxes apricot or peach jello
2 c. boiling water
2 c. cold water
1 large can crushed pineapple, drained (save juice)
2 bananas, cut up
1 c. miniature marshmallows

Add boiling water to jello, stirring until dissolved; add cold water. Stir well. Add pineapple, bananas, and marshmallows. Stir occasionally until firm.

Topping:

½ c. sugar
2 Tbsp. flour
2 Tbsp. butter
1 egg, slightly beaten
Pineapple juice (saved from drained pineapple)

Cook these ingredients until thick.

Add:

8 oz. cream cheese
8 oz. Cool Whip

Mix. Put on top of jello.

Ruth Ann Slinker

DIET SALAD

1 can crushed pineapple
1 small ctn. cottage cheese
1 pkg. diet strawberry or cherry gelatin
1 small bowl Cool Whip

Pour gelatin over pineapple in saucepan and bring to a boil. When cool, mix with cottage cheese and Cool Whip. Serve with thin triangle crackers.

Larry McBride

MACARONI SALAD

1 (7 oz.) box elbow macaroni, cooked
2 ribs celery, minced fine
1 Tbsp. dry minced onion
⅓ c. diced sweet pickles
1½ c. salad dressing
½ c. mayonnaise
¼ tsp. black pepper
¼ tsp. dry mustard
1 tsp. sugar
Salt to taste

Combine everything just as listed. Refrigerate salad, tightly covered, several hours before serving.

Reesie Douglas

GERMAN POTATO SALAD

1 lb. (3 medium) potatoes
6 slices bacon, diced
1 medium size onion, diced
½ c. vinegar
½ c. stock or bouillon
1 tsp. salt
¼ tsp. pepper
1 tsp. sugar
1 egg yolk, beaten

Scrub potatoes; rinse. Boil in jackets; let cool. Peel and cut in ¼ inch slices. Cook bacon in hot pan until crisp. Add onion; stir and cook until transparent. Add vinegar, stock or bouillon, and seasonings. Stir; let come to a boil. Stir in egg; remove from heat and pour over potatoes. Serves 2 to 4.

Reesie Douglas

BROCCOLI SALAD

1 bunch broccoli, cut into florets
3 green onions, chopped
¼ c. grated Swiss cheese
1 c. mayonnaise
¼ c. sugar
2 Tbsp. apple cider vinegar
¼ lb. bacon, crisply fried

Cut broccoli into florets and place in large bowl; add chopped green onions and grated cheese and combine thoroughly. In a small bowl, mix the mayonnaise, sugar, and vinegar. Pour the dressing over the broccoli mixture and marinate overnight in refrigerator. Just before serving, crumble bacon and mix well.

Ellie Johnson

CRANBERRY SALAD

1 (1 lb.) bag Ocean Spray cranberries
2 oranges
2 c. sugar
2 small boxes raspberry jello
1 c. chopped nuts

Grind cranberries and oranges. Add sugar and set aside. Prepare jello as directed; chill until slightly thickened. Add cranberries and orange mixture to jello. Add nuts and chill till firm.

Billy Douglas

CRANBERRY JELLO SALAD

1 lb. raw cranberries
2 apples
2 oranges
2 c. sugar
2 small boxes cherry jello
1 c. chopped nuts

Grind together raw cranberries, apples, and oranges. Add sugar and let set overnight in refrigerator. Next day, strain juice off ground fruit; cook juice and dissolve jello. Add nuts and chill till firm.

Reesie Douglas

BANANA SALAD

1 c. sugar
2 eggs
2 Tbsp. vinegar
Pinch of salt

Cook over low heat until thick. Let cool; pour over bananas. Put peanut butter between bananas. Sprinkle with coconut.

Sandie Johnson

BANANA SALAD

Bananas
Peanut butter
2 eggs
1 c. sugar
2 Tbsp. vinegar

Slice bananas, then spread peanut butter between them. Put in bowl. Beat eggs, sugar, and vinegar. Stir and cook on high. Turn on low until thick. Cool, then pour on bananas.

Jean Johnson

DRESSED BANANAS

Cut 5 bananas in halves and slice down the middle; spread peanut butter in the middle of them and set aside.

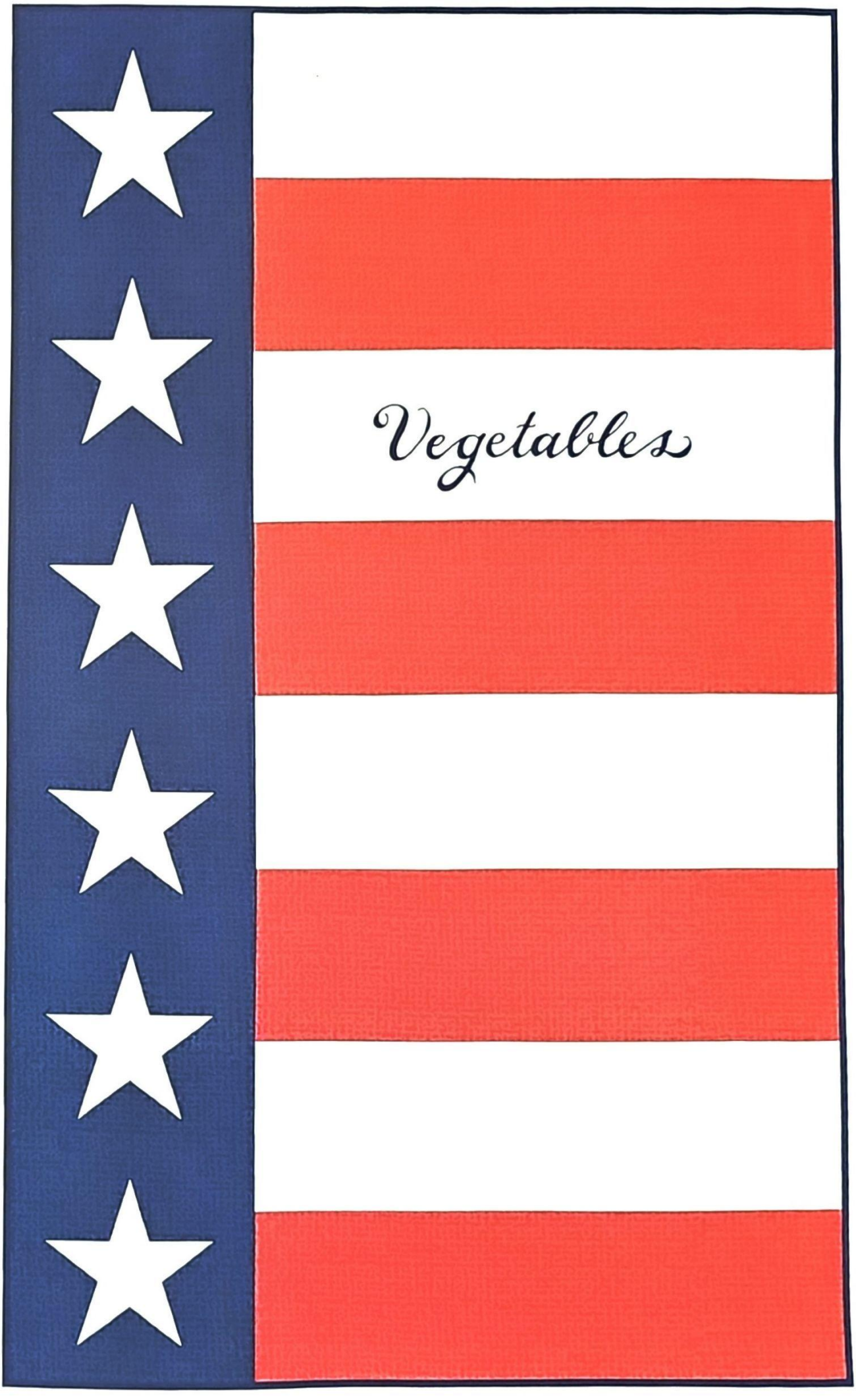
Sauce:

6 egg yolks
18 Tbsp. sugar
12 Tbsp. white vinegar

Mix ingredients and bring to a boil. Boil 5 minutes, or until mixture starts to thicken, stirring constantly. Remove from heat and pour over bananas. Chill and serve.

Reesie Douglas

Notes


Vegetables

EQUIVALENT CHART

3 tsp.	1 Tbsp.
2 Tbsp.	⅛ c.
4 Tbsp.	¼ c.
8 Tbsp.	½ c.
16 Tbsp.	1 c.
5 Tbsp. + 1 tsp.	⅓ c.
12 Tbsp.	¾ c.
4 oz.	½ c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 Tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 Tbsp.
⅞ c.	¾ c. + 2 Tbsp.
1 jigger	1½ fl. oz. (3 Tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 Tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½-4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
¾ cup **cracker crumbs** = 1 cup bread crumbs
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
2 ounces **compressed yeast** = 3 (¼ ounce) packets of dry yeast
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic
1 lb. **whole dates** = 1½ cups, pitted and cut
3 medium **bananas** = 1 cup mashed
3 cups **dry corn flakes** = 1 cup crushed
10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.	1 cup
Picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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VEGETABLES

CORN CASSEROLE

1 can cream style corn
1 can whole kernel corn, drained
1 box Jiffy corn muffin mix
13 oz. sour cream
2 eggs
1 stick butter
¼ c. chopped onion
2 c. shredded cheese

Place onion and butter in a microwave-safe casserole dish. Cook 5 minutes. Add corn meal mix, sour cream, eggs, and corn; mix well. Cook for 45 minutes at 300°. Sprinkle with cheese. Cook for 10 more minutes.

Ellie Johnson

VEGETABLE CASSEROLE

3 (15 oz.) cans mixed vegetables, drained
1 (16 oz.) jar cheese sauce
2 sticks butter
1 sleeve pkg. Ritz crackers

In microwave bowl, melt cheese sauce and 1 stick of butter. Combine vegetables, then place in 13x9 inch baking dish. Crush Ritz crackers and sprinkle on top. Melt 1 stick of butter and pour over veggies. Bake at 350° for 35 to 40 minutes, or until golden brown.

Tonia Shocklee

HASH BROWN CASSEROLE

1 (2 lb.) pkg. hash browns
1 can cream of chicken soup
½ stick margarine
1 pt. sour cream
⅓ c. minced green onions
1½ c. Cheddar cheese

Mix and bake in greased casserole dish 45 minutes at 350°.

Reesie Douglas

HASH BROWN CASSEROLE

2 lb. hash browns, thawed
½ c. butter
Salt and pepper
½ c. onions, chopped
16 oz. sour cream
10 oz. Cheddar cheese
2 c. dressing mix (dry)
1 can cream of chicken soup

Mix everything but dressing. Put in a buttered baking pan. Sprinkle on dressing; pour ¼ cup melted butter over top. Bake at 350° for 1 hour.

Sandie Johnson

SQUASH CASSEROLE

2 c. cooked squash
¾ c. cracker crumbs
1 Tbsp. onion
1½ tsp. salt
4 Tbsp. melted butter
⅛ tsp. pepper
2 Tbsp. flour
1 c. milk
2 whole eggs
1 c. shredded cheese

Mix all ingredients together and bake at 350°.

Diana Bolton

SQUASH CASSEROLE

2 c. chopped fresh squash
1 medium onion, chopped
1 small box Ritz crackers
¼ c. melted oleo
1 c. grated cheese
2 eggs
½ c. milk
½ tsp. salt
½ tsp. pepper

Cook squash and onion until tender. Drain off liquid and mash. Beat eggs and milk; add to squash. Mix cheese, oleo, and cracker crumbs. (Save some cracker crumbs.) Pour into buttered casserole dish. Sprinkle remaining crumbs on top. Bake 20 to 30 minutes at 400°.

Ellie Johnson

SQUASH DRESSING

1 medium onion, chopped
½ c. (1 stick) butter or margarine
2 c. cornbread, crumbled
2 c. yellow squash, cooked
2 eggs, slightly beaten
1 can cream of chicken soup
Poultry seasoning (or sage) to taste
Salt to taste
Pepper to taste

Preheat oven to 350°. Saute onion in butter or margarine. In a large bowl, combine all ingredients; mix. Pour into casserole dish and bake for 25 minutes.

Ruth Ann Slinker

CABBAGE CASSEROLE

1 head cabbage, sliced
1 onion, sliced thin
1 c. shredded Cheddar cheese
1 c. mushroom soup
1 c. soft bread crumbs

Cook cabbage and onion for 10 minutes in boiling salt water. Drain. Layer in casserole dish with cheese and soup. Top with bread crumbs. Bake at 450° for 15 minutes.

Rita McBride

POTATO CASSEROLE

2 lb. tater tots or hash browns, thawed and crumbled
¼ c. melted butter (pour over potatoes)
1 can cream of chicken soup
16 oz. sour cream
½ c. chopped onion
2 c. Cheddar cheese
1 c. corn flakes, crumbled over top

Combine all ingredients (except corn flakes). Place into 9x13 inch baking dish and top with corn flakes. Bake at 350° for 45 minutes.

Joyce Dame

SWEET POTATO CASSEROLE

3 c. cooked sweet potatoes
1 c. sugar
2 eggs
1 tsp. vanilla
⅓ c. milk
⅓ c. margarine, softened

In large bowl, mix all ingredients and beat until smooth. Pour into baking dish.

Topping:

1 c. brown sugar
⅓ c. plain flour
⅓ c. margarine
1 c. chopped nuts

Combine ingredients; sprinkle over casserole. Bake at 350° for 30 minutes.

Joyce Dame

SPEEDY SWEET POTATOES

2 (16 oz.) cans sweet potatoes, drained
½ tsp. salt
1 (8 oz.) can crushed pineapple, drained
¼ c. coarsely chopped pecans
1 tsp. brown sugar
1 c. miniature marshmallows, divided
Ground nutmeg

In a 1½ quart microwave dish, layer sweet potatoes, salt, pineapple, pecans, brown sugar, and ½ cup marshmallows. Cover and microwave on HIGH for 5 to 7 minutes, or until bubbly around edges. Top with remaining marshmallows. Heat, uncovered, on HIGH for 1 to 2 minutes, or until marshmallows puff; sprinkle with nutmeg.

Ellie Johnson

CREAMY MASHED POTATO BAKE

1⅓ c. French fried onions
3 c. hot mashed potatoes
1 c. sour cream
¼ c. milk
¼ tsp. garlic powder
1 c. shredded Cheddar cheese

Preheat oven to 350°. Combine mashed potatoes, sour cream, milk, and garlic powder in a large bowl; mix well. Spoon half the mixture into a 2 quart baking dish. Sprinkle with ⅔ cup of French fried onions and ½ cup

cheese. Top with remaining potato mixture. Bake 30 minutes. Top with remaining French fried onions and cheese. Bake 5 more minutes, until onions are golden brown.

Vonnie St. Clair

LOADED MASHED POTATOES

1½ lb. (about 4 medium) potatoes (unpeeled), quartered
½ c. milk
½ c. sour cream
6 slices bacon, crisply cooked, crumbled
½ tsp. chives
Salt and pepper
1 c. shredded mild Cheddar cheese

Cover potatoes with water in large saucepan. Bring to boil; reduce heat to medium. Cook 20 minutes, or until tender. Drain. Mash potatoes. Add milk, sour cream, bacon, and cheese; beat until fluffy. Season to taste with salt and pepper. Stir in cheese.

Billy Douglas

VEGGIES AND DRESSING

Dressing:

1 c. sugar
1 c. vegetable oil
2 c. vinegar

Set overnight. You will need chopped tomatoes, cucumbers, onions, and peppers, then pour dressing over them.

Louise Johnson

VIDALIA ONION SQUARES

1 refrigerator roll crescent rolls
¼ c. butter
5 c. Vidalia onions
2 c. herb stuffing mix
2 Tbsp. butter
4 eggs
1½ c. milk
Salt to taste
1 to 1½ c. Cheddar cheese, grated

Preheat oven to 350°. Cut onions in quarters and slice very thin. Set aside. Spread out crescent rolls on a lightly greased cookie sheet with sides, pressing seams together. Sprinkle stuffing mix over crescent roll dough and drizzle with ¼ cup of melted butter. Melt another 2 tablespoons butter in a skillet and saute onions in it until tender. Spread over stuffing in cookie sheet. Mix eggs, milk, and salt. Pour mixture over onions and sprinkle cheese over top. Bake for 35 to 40 minutes, or until slightly browned.

Amy Willis

BROCCOLI PIE

2 (10 oz.) pkg. frozen chopped broccoli, thawed
½ c. diced onion
2 c. shredded Cheddar cheese
½ c. Bisquick
1 egg
1 c. milk
Salt and pepper to taste

Preheat oven to 350°. Grease a 2 quart casserole dish. Combine broccoli, onion, and cheese in prepared dish. In a small bowl, whisk together Bisquick, egg, milk, salt, and pepper. Pour over broccoli mixture. Bake in preheated oven for 35 minutes, or until lightly browned.

Reesie Douglas

CREAM CORN PUDDING

1 can cream style corn
¼ c. sugar
1 c. scalded milk
2 eggs, lightly beaten
1 c. soft bread crumbs
¼ c. diced pimentos
¼ c. diced peppers
Dash of salt

Combine all ingredients. Pour mixture into buttered pan. Bake at 300° for 1 hour, or until center is set.

Louise Johnson

COUNTRY STYLE BAKED BEANS

6 cans pork 'n' beans
1 lb. brown sugar
½ c. ketchup
¾ c. barbeque sauce

Mix all ingredients and bake at 350° for 1 hour.

Billy Douglas

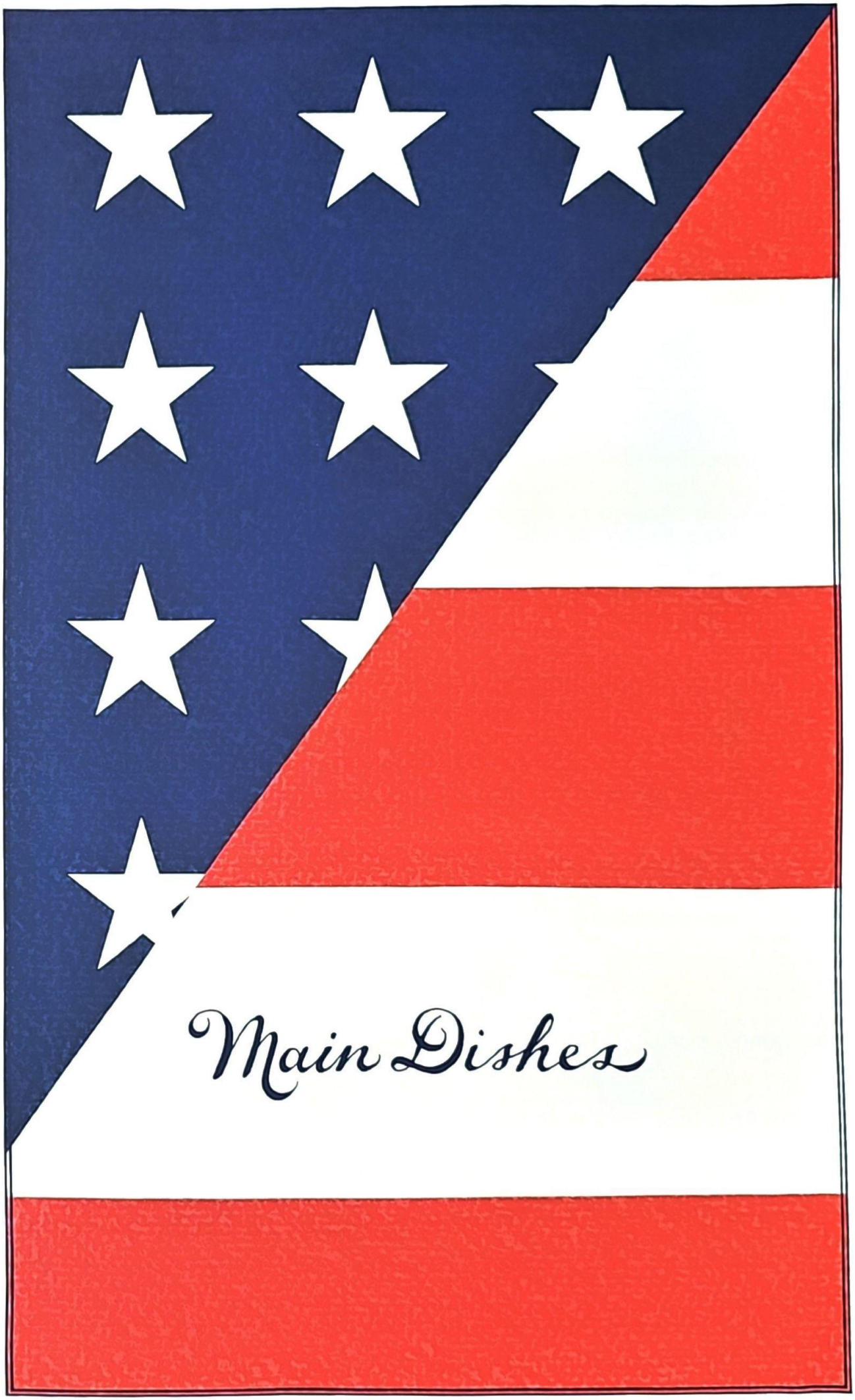
ELLIE'S BAKED BEANS

½ lb. ground chuck
1 large onion, chopped
2 (16 oz.) cans Van Camp's pork and beans
2 tsp. prepared mustard
¼ c. catsup
¼ c. brown sugar

Brown ground chuck and onion and drain. Add pork and beans to beef and onion. Add 2 teaspoons prepared mustard, ¼ cup catsup, and ¼ cup brown sugar to bean mixture. Simmer for about 20 minutes.

Ellie Johnson

Notes


Main Dishes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast			
(10 inch) ribs	4	1¾	140° (rare)
(If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer)		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump	5	2¼	140° (rare)
(Roast only if high quality.		3	160° (medium)
Otherwise, braise.)		3¼	170° (well done)
Sirloin tip	3	1½	140° (rare)
(Roast only if high quality.		2	160° (medium)
Otherwise, braise.)		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 2½ lb.	400°	1 to 1½ hr.
(Unstuffed)	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MAIN DISHES

HOLIDAY HAM

1 whole ham (boneless, approx. 7 to 8 lb.)
1 can sliced pineapple
1 lb. brown sugar
Cloves (if desired)

Place ham in a large baking pan. Drain juice off of pineapple into a mixing bowl. Mix juice and brown sugar until sugar is dissolved. Place pineapple on ham. (Hold in place with toothpicks.) Stick cloves in ham (if desired). Pour brown sugar mixture over ham and cover with Reynolds Wrap. Bake at 250° for 7 hours.

Billy Douglas

HONEY BAKED HAM

1 (7 lb.) medium smoked pork picnic shoulder (bone in or out)
2 c. sugar
1 c. honey or brown sugar, packed
1 (6 oz.) can frozen orange juice concentrate, thawed
1 tsp. whole cloves

Make crosswise slits ½ inch apart halfway through ham to where knife touches bone. Place ham in deep bowl and barely cover with water. Stir in sugar. Soak at least 2 days in refrigerator. Drain. Place ham in roasting pan lined with enough foil to wrap completely. Pour honey or brown sugar and orange juice all over pork. Stick cloves all over meat. Wrap tightly with foil. Bake at 200° for 6 to 7 hours, or until done.

Reesie Douglas

PORK CHOP CASSEROLE

6 pork chops
4 potatoes
1 onion
1 can cream of mushroom soup

Brown pork chops. Slice potatoes and lay on bottom of pan, then slice onion. Put pork chops next, then spread cream of mushroom soup on top. Bake at 350° for 45 minutes.

Tonia Shocklee

PAPRIKA CHICKEN

1 Tbsp. margarine
4 skinless, boneless chicken breast halves
1 can cream of mushroom soup
2 tsp. paprika
⅛ tsp. red pepper
⅓ c. sour cream or plain yogurt

In skillet, in hot margarine, cook chicken 10 minutes, or until browned. Set aside; remove fat. In a skillet, combine soup, paprika, and pepper. Heat to boiling. Return chicken to skillet. Cover; cook over low heat for 5 minutes.

Stir often. Stir in sour cream. Heat through. Serve over noodles. Sprinkle with additional paprika and garnish with fresh parsley if desired.

Larry McBride

COUNTRY FRIED CHICKEN

1 frying chicken, cut into frying pieces
1½ c. flour
1 packet dry Italian dressing (11 herbs and spices!)
1 env. Lipton (or other brand) tomato Cup-a-Soup
2 eggs, well beaten
⅔ c. milk
Shortening (all vegetable) to cover bottom of skillet (about ½ inch deep)

Combine eggs and milk. Set aside. Combine flour with the Italian dressing and soup mix. Dip chicken pieces in milk-egg mixture and roll them in the flour-seasoning mixture. Dip in milk-egg mixture again and roll in flour mixture again. Fry pieces over medium heat for 25 to 30 minutes, turning often. Remove from heat. Drain off excess grease by placing on a plate lined with paper towel.

Reesie Douglas

CHEESY CHICKEN

2 cans crescent rolls
2 pkg. mild Cheddar cheese
4 cans Swanson chunk chicken (in cans like tuna fish), drained
2 cans cream of chicken soup

Preheat oven to 350°; roll out rolls. Mix chicken and ½ to ¾ package of cheese; spoon onto rolls and wrap up. Melt soup and cheese on top of stove; pour over chicken wraps. Bake until golden brown. Put remaining cheese over wraps and melt in oven.

Nora Carter

CHICKEN CASSEROLE

2 chicken breasts, boiled and deboned
1 pkg. cornbread stuffing mix
1 stick margarine, melted
1 can mushroom soup
1 can cream of chicken soup
2 cans broth from chicken

Mix stuffing and margarine. Mix soup and broth together. Place in casserole dish, alternating layers of chicken and broth. Bake at 350° for 30 minutes.

Peggie Sullivan

CHICKEN CASSEROLE

2 c. cooked chicken (or turkey)
1 box Stove Top
1 can cream of chicken soup
1 can mushroom soup
1 (10 oz.) can evaporated milk
1 c. chicken broth

Mix together. Spray dish or pan. Bake at 375° for 40 minutes.

Joyce Dame

CHICKEN POT PIE

2 pie shells
1 can Veg-All, drained
1 can cream of chicken soup
2 small cans chicken, drained
Poultry seasoning
Parsley

Mix Veg-All, soup, and chicken; season to taste. Add parsley in one pie shell. Seal edges of crust. Make 3 vents in top of pie. Sprinkle with poultry seasoning. Bake at 350° until golden brown.

Tonia Shocklee

MEXICAN CHICKEN

1 whole chicken
1 large bag tortilla chips
1 small can chilies
1 small can cream of chicken soup
1 small can cream of mushroom soup
1 small can cream of celery soup
1 (16 oz.) shredded cheese
1 small can Ro-Tel

Boil chicken and debone. Mix chilies, all 3 soups, and Ro-Tel together in a pan until warm. In a large cake pan (rectangular), lay a layer of chips flat down on bottom of pan; sprinkle out 2 handfuls of cheese. Lay chicken out evenly (about 2 cups at a time); pour soup mixture over. Repeat. When done, cover top layer with leftover cheese. Cover and bake at 400° for about 25 to 30 minutes, until cheese is melted and dish is hot.

Tonia Shocklee

HONEY AND SPICE BARBECUE CHICKEN

1½ c. Heinz 57 sauce
¼ c. honey
2 to 2½ lb. chicken pieces
Melted butter

Combine Heinz 57 sauce and honey. Place chicken on grill or broiler pan. Brush melted butter, then the Heinz 57 sauce mixture. Grill or broil until chicken is tender, turning and basting frequently with sauce.

Nora Carter

MEAT LOAF

3 lb. ground beef
2 eggs
1 tsp. salt
1 tsp. pepper
1 tsp. Worcestershire sauce
2 c. bread crumbs
1 c. milk
1 onion
⅓ c. catsup

Mix all ingredients together thoroughly and shape into loaf. Place in a pan and bake 50 minutes in oven at 350°.

Nora Carter

MEAT LOAF

1½ lb. ground beef
¾ c. oats (uncooked)
¼ c. chopped onions
1½ tsp. salt
¼ tsp. pepper
1 c. tomato juice
1 egg, beaten

Preheat oven to 350°. Combine all ingredients in a large bowl. Pack firmly in an ungreased 8½ x 4½ x 2½ inch loaf pan. Bake for 1 hour and 15 minutes.

Louise Johnson

MEAT LOAF

1 lb. ground chuck
½ lb. pork sausage
1 c. tomato juice
½ c. crushed round crackers
1 pkg. Recipe Secrets (garlic mushroom or plain)

Mix together. Place in a loaf pan and cover with a small can of tomato paste. Bake at 350° for about 1 hour.

Joyce Dame

15 MINUTE MEAT LOAF

1½ lb. ground beef
1½ tsp. salt
⅛ tsp. pepper
2 Tbsp. chopped onion
2 Tbsp. chopped green pepper
2 cans tomato sauce
2 Tbsp. sugar
¼ Tbsp. Worcestershire sauce

Combine ground beef, salt, pepper, onion, green pepper, and ½ can tomato sauce. Bake at 450° for 10 minutes. Broil 5 minutes longer. While meat is cooking, combine remaining tomato sauce, sugar, and Worcestershire sauce. Bring to a boil; boil 3 minutes. Pour on top of meat.

Rita McBride

DIVINE MEATLOAF

1 lb. extra-lean ground beef
1 green bell pepper, diced
1 bunch green onions, diced
4 oz. sliced fresh mushrooms
4 oz. saltine crackers, finely crushed
2 eggs
1 (1.25 oz.) pkg. beef with onion soup mix
1½ c. ketchup
1 Tbsp. yellow mustard
2 tsp. brown sugar

Preheat oven to 375°. In a large mixing bowl, combine the ground beef, green pepper, green onions, mushrooms, and saltine crackers. Stir in the eggs and the beef with onion soup mix; mix thoroughly. Press mixture into a 9x13 inch baking dish.

In a small mixing bowl, whisk together the ketchup, yellow mustard, and brown sugar. Mix thoroughly and pour over the meat mixture, spreading evenly. Bake in the preheated oven for 1 hour.

Billy Douglas

DEER MEATLOAF

2 eggs
1 onion
1 lb. ground deer
⅓ lb. ground pork sausage
1 tsp. salt
1 tsp. pepper
½ tsp. poultry seasoning
1 c. bread crumbs
Strips of bacon

In a blender, put eggs and onion. Run on liquefy for 5 seconds. Pour in large mixing bowl. Add other ingredients as listed. Mix thoroughly. Put in buttered loaf pan which has been lined with thin strips of bacon. Bake at 375° for 1 hour. Remove to warm platter and take off strips of bacon; serve.

Larry McBride

BACON-WRAPPED MEAT LOAVES

1½ lb. lean ground beef
1 egg
¼ c. onion, chopped
¼ c. green pepper, chopped
½ tsp. beef bouillon (instant)
6 thin slices bacon, cut in halves
1 c. Cheddar cheese, shredded
¼ c. bread crumbs
¼ c. lemon juice
½ c. water
1 tsp. salt

Heat oven to 350°. Mix all of the ingredients, except the bacon, together. Shape the mixture into 6 small loaves. Crisscross 2 of the half slices of bacon across each loaf, tucking the ends under each loaf. Place the loaves on a rack in a shallow baking pan and bake, uncovered, for 50 minutes.

Billy Douglas

TONIA'S LASAGNA

1 lb. ground beef
1 jar spaghetti sauce
1 (8 oz.) Mozzarella cheese
1 (8 oz.) Cheddar cheese
1 pt. cottage cheese
2 (8 oz.) boxes cream cheese, softened
10 to 12 lasagna noodles

Brown and drain ground beef; add spaghetti sauce. Cook noodles as directed on box. Combine cream cheese and cottage cheese. Layer: Meat mixture, noodles, cheese mixture, then sprinkle Mozzarella and Cheddar cheese; repeat second layer. Bake at 350° for 30 to 40 minutes.

Tonia Shocklee

ZESTY ITALIAN CRESCENT CASSEROLE

1 lb. ground beef
¼ c. chopped onion
1 c. spaghetti sauce
1½ c. shredded Mozzarella
½ c. sour cream
1 (8 oz.) can crescent rolls
⅓ c. grated Parmesan cheese
2 Tbsp. margarine, melted

Preheat oven to 375°. In a large skillet, brown beef and onion; drain. Stir in spaghetti sauce; heat thoroughly. In medium bowl, stir together Mozzarella cheese and sour cream. Pour hot meat mixture into 13x9 inch baking dish. Spoon cheese mixture over meat mixture. Unroll dough over cheese mixture. In small bowl, combine Parmesan cheese and margarine; spread over dough. Bake at 375° for 18 to 25 minutes, or until golden brown.

Gennie Burden

UPSIDE-DOWN PIZZA

1 lb. lean ground beef
1 onion, chopped
1 tsp. garlic powder
1 (26 oz.) jar spaghetti sauce
1 c. shredded Mozzarella cheese, divided
1 c. grated Parmesan cheese, divided
1 (8 oz.) can refrigerated crescent rolls

Preheat oven to 350°. Brown beef, onion, and garlic in a large saucepan over medium-high heat. Once browned, drain fat and stir in spaghetti sauce. In a 9x13 inch baking dish, spread a layer of sauce. Top with ½ of the Mozzarella and Parmesan cheeses, another layer of sauce, and the rest of the cheese. Top with crescent rolls, pinching seams together. Bake in the preheated oven for 20 to 30 minutes, or until rolls are golden brown.

Billy Douglas

ENGLISH MUFFIN PIZZA

English muffins, sliced
Pizza sauce
Mozzarella cheese, grated
Toppings of your choice

Place muffins on a cookie sheet, cut sides up. Spoon sauce on cut sides and add toppings and cheese. Bake in a 350° oven for 5 to 10 minutes, or until cheese is melted and bubbly.

Amy Willis

GOULASH

1½ c. macaroni
2 lb. ground beef, browned and drained
2 cans tomato sauce
1 can stewed tomatoes
Salt to taste

Bring a large pot of water to a boil. Add macaroni and cook until tender; drain. Add remaining ingredients and heat thoroughly.

Nancy Willis

HOBO STEW

1½ lb. cube steak
1 (16 oz.) can tomatoes
1 (8 oz.) can tomato sauce
1 medium onion, sliced
1 tsp. Worcestershire sauce
1 tsp. salt
½ tsp. basil
¼ tsp. pepper
4 medium potatoes, cubed
1 (10 oz.) pkg. frozen corn
1 green pepper, chopped

Combine meat, tomatoes, tomato sauce, onion, Worcestershire sauce, and seasonings in a 3 quart casserole dish. Cover. Microwave on MEDIUM-HIGH for 40 to 45 minutes. Stir twice during cooking. Stir in potatoes. Cover. Microwave on HIGH for 10 to 15 minutes. Add corn and green pepper. Cover. Microwave on HIGH for 4 to 5 minutes, or until heated thoroughly. Stir well before serving.

Larry and Rita McBride

CORN BREAD TACO BAKE

1½ lb. ground beef
1 pkg. taco seasoning
½ c. water
1 (12 oz.) can whole kernel corn, drained
½ c. green pepper, chopped
1 (8 oz.) can tomato sauce
½ c. onion, chopped
1 (8½ oz.) pkg. corn muffin mix
½ c. Cheddar cheese, shredded

Brown meat; drain. Stir in next 6 ingredients; pour into an 8x12 inch baking dish. Prepare corn muffin mix according to package directions. Spoon around outer edge of casserole. Bake, uncovered, at 400° for 20 minutes. Top with cheese and bake an additional 2 to 3 minutes.

Billy Douglas

MEXICAN STOVE TOP CASSEROLE

1 lb. ground beef
1 c. salsa
½ c. water
1 green bell pepper, chopped
1 bunch green onions, chopped
1 (8 oz.) pkg. wide egg noodles
½ c. sour cream
½ c. shredded Cheddar cheese
1 tomato, chopped

In a large nonstick skillet, cook and stir ground beef until browned. Drain off excess fat. Stir in salsa and water. Simmer for 10 minutes. Stir in green pepper and onions and continue simmering until veggies are crisp/tender.

Meanwhile, cook pasta in boiling water until tender. Drain. Stir in noodles and sour cream. Sprinkle grated cheese on top and cover pan until the cheese melts. Sprinkle chopped tomato on the top and serve.

Billy Douglas

MEXICAN CASSEROLE

1 lb. ground beef
1 small onion
1 small can Mexicorn
1 (8 oz.) can tomato sauce
1 tsp. cumin
2 tsp. chili powder
Corn tortillas, broken up
12 oz. shredded Cheddar cheese
1 small can olives, sliced or chopped

Brown meat and onion. Drain excess grease. Add corn, tomato sauce, cumin, and chili powder. Layer in casserole dish the meat, then tortillas and cheese - 3 times. Top with chopped olives. Bake at 350° for 1 hour.

Amy Willis

QUICK ENCHILADAS

1 whole chicken, precooked
2 cans spaghetti sauce (your favorite)
2 c. grated cheese (your favorite)
2 doz. flour tortillas
Chili powder

Preheat oven to 350°. Shred chicken. Warm spaghetti sauce, adding enough chili powder to make it as spicy as you like it. Thinly spread a layer of sauce on bottom of a 9x13 inch pan. Dip tortilla in sauce, then place in pan. Put in a line of chicken. Sprinkle with cheese, then roll up. Tuck it into one side of pan, then continue until all chicken and tortillas are gone.

Tonia Shocklee

CHEESY CHILI CASSEROLE

1 lb. ground beef
½ c. chopped green pepper
1 (12 oz.) can whole kernel corn, drained
1 (8 oz.) can tomato sauce
1 Tbsp. chili powder
1 (8 oz.) jar Cheez Whiz
4 c. tortilla chips
½ c. chopped tomato

Brown ground beef; drain. Add pepper; cook until tender. Stir in corn, tomato sauce, and chili powder. Add ½ cup Cheez Whiz; stir until melted. Spread 1 cup meat mixture onto bottom of 1½ quart casserole dish; top with 1 cup chips. Repeat layering twice; top with remaining meat mixture. Bake at 350° for 20 minutes. Top with remaining chips, tomato, and Cheez Whiz. Continue baking 5 minutes, or until cheese is melted.

Vonnie St. Clair

PEPPER BEEF PIE

1 lb. ground beef
2 c. sweet red peppers
1 onion, chopped
1 (4.5 oz.) can sliced mushrooms, drained
1 c. shredded sharp Cheddar cheese
1 recipe pastry for 9 inch double-crust pie

Place peppers into food processor; pulse until peppers are cut into small pieces. Brown meat and onion. Add peppers, mushrooms, and cheese to meat mixture. Spoon into bottom crust. Cover with top crust and seal edges. Bake at 350° until crust is brown and pie is heated through.

Billy Douglas

STUFFED GREEN PEPPERS

5 to 6 medium green peppers
¾ c. uncooked brown rice
1 lb. lean ground beef
1 medium onion, chopped
1 (8 oz.) can tomato sauce
¼ tsp. dried basil
¼ tsp. dried oregano
¼ tsp. dried thyme
½ tsp. salt
Pepper to taste
½ tsp. instant beef bouillon

Remove tops and seeds from peppers. In a large kettle, bring water to boil; cook peppers for 5 minutes. Remove and drain. Cook rice according to directions. In a skillet, brown beef and onion; drain. Add tomato sauce, herbs, salt, and pepper; cook 5 minutes. Stir in rice. Stuff peppers with the rice mixture. Place upright in a shallow baking dish. Bake at 375° for 15 to 20 minutes.

Rita McBride

GINGERED PEPPER STEAK

1 lb. sirloin steak
½ lb. mushrooms
1 clove garlic, minced
2 Tbsp. cooking oil
¼ c. water
2 Tbsp. cider vinegar
1 Tbsp. corn starch
¼ tsp. salt
¼ tsp. ginger
Dash of pepper
1 onion, sliced
1 green pepper, chopped

Place meat, mushrooms, garlic, and oil in a 2 quart casserole dish; cover. Microwave on HIGH for 6 to 8 minutes, or until meat is tender. Stir halfway through cooking. Mix together soy sauce, water, vinegar, corn starch, salt, ginger, and pepper until smooth. Stir into meat mixture. Microwave on HIGH for 6 to 8 minutes, or until thick; stir occasionally. Add onion and green pepper; microwave on MEDIUM for 10 to 15 minutes to blend flavors. Vegetables will be tender-crisp.

Larry and Rita McBride

SALISBURY STEAK

1½ lb. ground beef
½ tsp. salt
⅓ c. bread crumbs
⅛ tsp. pepper
1 egg
1 c. brown gravy
¼ c. chopped onion

Mix together all ingredients, except brown gravy. Make small patties; fry until brown. Mix gravy as directed on package. Put in patties and let simmer for 30 minutes.

Tonia Shocklee

SWEET AND SOUR MEATBALLS

2 lb. lean ground beef
2 eggs
1 c. dry bread crumbs
½ c. finely chopped onion
1 tsp. seasoning salt
½ tsp. ground black pepper
2 tsp. Worcestershire sauce
2 tsp. granulated sugar
1 (20 oz.) can crushed pineapple, drained, juice reserved
⅓ c. water
3 Tbsp. distilled white vinegar
1 Tbsp. soy sauce
½ c. packed brown sugar
3 Tbsp. cornstarch
½ tsp. seasoning salt
1 large green bell pepper, cut into ½ inch pieces

Preheat oven to 400°. Lightly grease a large, shallow baking sheet. In a large bowl, thoroughly mix the ground beef, eggs, bread crumbs, and onion. Sprinkle with seasoning salt, pepper, Worcestershire sauce, and sugar. Shape into 1 inch balls. Place meatballs in a single layer on prepared baking sheet. Bake in preheated oven for 10 to 15 minutes; set aside. To make the sauce, mix enough water with the reserved pineapple juice to make 1 cup. In a large pot, over medium heat, combine the juice mixture, ⅓ cup water, vinegar, soy sauce, and brown sugar. Stir in cornstarch and seasoning salt

until smooth. Cover and cook until thickened. Stir pineapple, green pepper, and meatballs into the sauce. Gently stir to coat the meatballs with the sauce. Simmer, uncovered, for about 20 minutes, or until meatballs are thoroughly cooked.

Billy Douglas

SOUTHERN HAYSTACKS

1 lb. ground beef
1 (16 oz.) can diced tomatoes
1 (15 oz.) can whole kernel corn
1 (15 oz.) can kidney beans, drained
1 tsp. garlic powder
Salt to taste
Ground black pepper to taste
1 (16 oz.) pkg. macaroni
1 (8 oz.) container sour cream
2 c. shredded Cheddar cheese

In a large skillet, over medium-high heat, brown hamburger. Drain fat. Add tomatoes, corn, and beans and heat through. Season with garlic powder, salt, and pepper. Cook elbow macaroni in a large pot of boiling water until tender. Remove from heat and drain. Top macaroni with meat mixture, grated Cheddar, and a dollop of sour cream.

Reesie Douglas

TATER TOT CASSEROLE

2 lb. ground beef
¼ c. chopped onion
1 large can cream of chicken soup
1 lb. sliced cheese
1 (32 oz.) bag tater tots

Brown ground beef and onion; drain grease. Pour in casserole dish. Cover with cheese; cover with cream soup. Arrange single layer of tater tots on top. Cook in 350° oven until tater tots are golden brown.

Jean Johnson

HAMBURGER CASSEROLE

2 lb. ground beef
1 can whole kernel corn, drained
1 pkg. frozen tater tots
1 can cream of mushroom soup

Layer ingredients in order given. Bake 1 to 1½ hours in a 350° oven.

Billy Douglas

HAMBURGER PIE

1 deep crust (or 2 little ones)
½ lb. ground beef
1 lb. sausage
⅓ c. chopped green pepper
3 Tbsp. water
2 cans tomato sauce
1 can mushrooms, chopped
½ tsp. oregano
½ tsp. basil
½ tsp. garlic powder
⅓ c. Parmesan cheese
2 c. Mozzarella cheese

Preheat oven to 400°. Cook pie shell and set aside to cool. Brown ground beef and sausage; drain. Add green pepper; cook for 2 minutes. Stir in water, tomato sauce, mushrooms, oregano, basil, and garlic powder and simmer for 10 minutes. Sprinkle ½ of Parmesan cheese on the bottom of crust; add ½ of meat mixture. Sprinkle 1 cup cheese over meat. Add remaining meat and Parmesan cheese and bake for 15 minutes. Top with remaining Mozzarella cheese and bake 5 more minutes, or until cheese melts.

Ruth Ann Slinker

EASY POTATO BEEF CASSEROLE

1 lb. ground beef
1 c. minced onion
¾ c. steak sauce
1½ lb. potatoes, peeled, boiled, and drained
½ c. 70% vegetable oil spread
¼ c. milk

Cook and stir ground beef and onion in large skillet for 4 to 5 minutes, or until beef is no longer pink; drain. Add steak sauce; heat to a boil. Reduce heat and simmer for 5 to 7 minutes. Spoon into 1½ quart casserole dish. Mash potatoes with spread and milk until smooth. Spread mashed potato mixture evenly over beef mixture. Bake at 350° for 15 minutes, or until heated through.

Reesie Douglas

CHEESY BEEF STROGANOFF

1 lb. ground beef
2 c. water
3 c. medium egg noodles (uncooked)
¾ lb. (12 oz.) Velveeta cheese product, cut up
1 (10.75 oz.) can condensed cream of mushroom soup
¼ tsp. black pepper

Brown meat in large skillet; drain. Stir in water. Bring to boil. Stir in noodles. Reduce heat to medium-low; cover. Simmer 8 minutes, or until noodles are tender. Add Velveeta, soup, and pepper; stir until Velveeta is melted.

Reesie Douglas

PORCUPINE BURGERS

1 c. Minute rice
2 lb. ground beef
1 small jar or can spaghetti sauce
Mozzarella cheese
Salt and pepper
Onion (optional)

Mix together uncooked rice and ground beef. Make into patties. Place patties into 13x9 inch glass pan. Top with sauce and seasoning and bake 15 minutes at 400°. Top with Mozzarella cheese and bake another 10 minutes, or until done.

Rita McBride

BURGER AND SOUR CREAM

1 lb. ground beef
1 c. chopped onions
3 c. noodles
3 c. tomato juice
1 tsp. salt
Pepper to taste
2 tsp. Worcestershire sauce
¼ c. chopped green peppers
1 c. sour cream
1 (3 oz.) can mushrooms

Lightly brown ground beef in large skillet; add chopped onions. Cook until tender, but not brown. Place noodles in layer over meat. Combine tomato juice, salt, dash of pepper, and Worcestershire sauce; pour over noodles. Bring to a boil; cover. Simmer over low heat for 20 minutes. Add chopped green peppers. Cover and continue cooking 10 minutes, or till noodles are tender. Stir in sour cream and mushrooms (drained). Heat just to boiling and serve.

Billy Douglas

HOMEMADE BAR-B-Q

1 Boston butt
1 bottle catsup
2 Tbsp. mustard
2 Tbsp. sugar
Juice of 1 lemon
1 tsp. allspice
1 tsp. celery salt
1 tsp. garlic salt
Salt to taste

Cook the meat until tender, then slice meat and add remaining ingredients. Boil until broth is as thick as you desire.

If meat is very fat, do not add the whole bottle of catsup, as this tends to make it too rich. For pork, use Boston butt or boiling pork; for beef, use boiling beef.

Peggie Sullivan

SLOPPY JOES

2 Tbsp. shortening
1 lb. ground beef
½ c. chopped onion
½ tsp. salt
⅛ tsp. pepper
1 can tomato soup
¼ c. catsup
Buns

Melt shortening in a medium skillet over medium heat. Add ground beef, onion, salt, and pepper. Cook until meat is brown, stirring occasionally with a fork to break up meat as it cooks. Add tomato soup and catsup; stir well. Cook, uncovered, until the mixture bubbles; spoon over split buns.

Barbara Thomasson

CHOW MEIN

3 lb. ground beef, salted and browned
4 c. celery
3 large onions, chopped
¾ c. soy sauce
1½ c. uncooked rice
3 cans cream of mushroom soup
3 cans cream of chicken soup
4 c. warm water
3 cans Chinese noodles

Brown and salt ground beef. Add remaining ingredients, except noodles. Mix and bake 1 hour at 350°. Sprinkle Chinese noodles over top and bake an additional 15 minutes.

Tonia Shocklee

CHINESE CASSEROLE

1 large can chow mein noodles
1 can cream of mushroom soup
1 c. chopped celery
1 large can shrimp

Combine all ingredients in bowl with ½ cup water; mix well. Place in baking dish; crumble Ritz crackers over top. Bake at 350° for 30 to 45 minutes.

Tonia Shocklee

SAUSAGE CORNBREAD BAKE

1 lb. pork sausage
1 onion, chopped
2 eggs, lightly beaten
1½ c. self-rising buttermilk cornmeal mix
1 (15 oz.) can cream style corn
½ c. sour cream
¼ c. vegetable oil
2 c. shredded sharp Cheddar cheese
½ c. milk

Preheat oven to 425°. Grease a 10 inch ovenproof skillet. In a medium skillet, brown the sausage and onion; drain well. In a large bowl, combine eggs, cornmeal mix, corn, sour cream, milk, and oil. Pour half of cornmeal mixture into the greased pan and sprinkle with sausage mixture and cheese. Pour remaining batter over top. Bake for 30 to 40 minutes. Let stand 10 minutes before serving.

Reesie Douglas

HOMEMADE PIMENTO CHEESE

1 lb. Velveeta cheese
1 small jar diced pimentos, drained
Miracle Whip salad dressing

Shred Velveeta cheese; add pimentos. Stir in desired amount of salad dressing.

Billy Douglas

ROUNDUP BREAKFAST

1 lb. country sausage
2 potatoes, peeled and diced into ½ inch cubes
6 eggs, beaten
¼ c. milk

Brown sausage in large skillet. Remove sausage. Heat the pan drippings to medium-high. Add potatoes and fry, stirring occasionally, about 10 minutes, until browned and partially cooked. Stir potatoes to make a level layer at the bottom of skillet, then add sausage on top. In a separate dish, add milk to eggs and beat thoroughly. Pour eggs over sausage evenly. Cover and cook over medium heat until eggs are set, about 25 minutes.

Tonia Shocklee

EGG CASSEROLE

1 lb. sausage
12 eggs
4 to 6 slices wheat bread
2 c. Cheddar cheese
⅔ c. milk

Brown and drain sausage. Line 9x13 inch pan with wheat bread. Crumble sausage over bread. Beat eggs and pour over sausage and bread. Sprinkle cheese on top of casserole. Bake at 375° for about 45 minutes, or until knife comes out clean.

Ellie Johnson

SAVORY EGG BOATS

6 hard-boiled eggs
1 (7 oz.) can tuna, drained
½ c. salad dressing or mayo
¼ c. finely chopped celery
Pepper to taste
¼ tsp. dry mustard
3 slices toasted bread
Finely chopped parsley (to garnish)

Peel and cut eggs lengthwise. Remove yolks from whites and mash yolks fine. Combine mashed yolks with tuna, celery, salad dressing, pepper, and mustard and pile into egg white halves. Cut crust off bread. Cut each piece of toast into 4 triangles. Insert one triangle through a toothpick and onto top of each stuffed egg boat to resemble a sail. Garnish with chopped parsley. Refrigerate until serving time. Serves 12.

Tonia Shocklee

Notes

Breads, Rolls

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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BREADS, ROLLS

QUICKIE ROLLS

2 Tbsp. mayonnaise
1 c. flour
½ c. milk

Combine all ingredients; mix well. Spoon into greased muffin tin. Bake in preheated oven at 400° for about 12 minutes, or until lightly browned. Makes 6 large rolls.

Recipe may be doubled or tripled for more.

Ellie Johnson

YEAST ROLLS

2 c. buttermilk
1¼ tsp. baking soda
1 c. sugar
1 tsp. salt
1 c. warm water
2 pkg. dry yeast
8 Tbsp. shortening
7 to 8 c. flour

Add baking soda to buttermilk and let stand while doing other work. Sprinkle yeast over warm water. Combine flour, sugar, and salt and cut shortening into mixture. Combine liquid mixture and stir in flour. Let stand until double in size. Make out rolls and put in baking pan. (Refrigerate any extra dough.) Let rolls in pan rise until double in size. Bake at 375° for 25 to 30 minutes.

Louise Johnson

EASY CRESCENT ROLLS

1 pkg. yeast
3 Tbsp. warm water
½ c. sugar
½ c. melted butter
1 c. warm water
2 eggs
1 tsp. salt
4 c. flour

Mix yeast and 3 tablespoons warm water. Add yeast to other things; add flour. Mix. (Dough will not be stiff.) Let set in refrigerator overnight. Divide in half and roll each half in a big pie shape. Spread with butter. Cut into 16 wedges and roll from big to little end. Let rise 3 to 4 hours before baking at 350°. Makes 32 rolls.

May be frozen for up to 2 weeks before baking.

Larry McBride

NEVER FAIL DINNER ROLLS

¾ c. warm water
1 pkg. dry yeast
2½ c. biscuit mix

Dissolve yeast in water. Add the biscuit mix and mix well. Knead about 1 minute on a board dusted with flour. Shape into rolls and put on lightly greased baking sheet or in muffin tins. Cover with damp cloth and let rise

in a warm place for about 1 hour. Bake at 400° for 10 to 12 minutes, or until golden brown.

Ellie Johnson

MELT IN YOUR MOUTH ROLLS

Melt ½ cup butter; add 1 cup warm milk. Beat 2 eggs in a separate dish. Add ⅓ cup sugar to the beaten eggs, ¾ teaspoon salt, 1 tablespoon sugar, and 1 package yeast to the rest of the ingredients. Stir in 4 cups plain flour. (Measure before sifting.) Mix all together and refrigerate overnight. Divide into pie-shape wedges and spread each piece with melted butter. Roll up, starting with wide end. Place in pan, with loose end of roll on bottom. Let rise 4 hours before baking. Bake 10 minutes at 350°.

Teresa Parker

PIZZA CRUST

1 pkg. dry yeast
¼ c. water
2¼ c. warm water
6 Tbsp. olive oil (plus extra for pans)
6 c. flour
1 tsp. salt

Dissolve yeast in warm water (105°F. is perfect). Let it sit for 2 minutes. Add the rest of ingredients and mix well. Turn out onto board and knead for 10 minutes. Place in bowl, covered with a damp towel, and let rise 30 to 40 minutes. Divide dough into 3 parts and place in 3 olive oiled pie pans. Dimple dough with fingers. Let rise 50 to 60 minutes. Bake at 350° for 25 minutes.

Billy Douglas

HUSH PUPPIES

1 Tbsp. corn meal
2 Tbsp. shortening
¼ c. chopped onions
1 c. buttermilk
1 egg
2 tsp. Worcestershire sauce

Combine flour and corn meal. Cut in shortening until mixture is fine. Stir in chopped onions. Beat together egg, sauce, and buttermilk. Add to dry ingredients and mix only until blended. Deep-fry at 370°. Drop dough by heaping tablespoons into oil.

Louise Johnson

HUSHPUPPIES

1 c. cornmeal
2 Tbsp. flour
2 Tbsp. sugar
1 egg
6 Tbsp. milk
Onion (to taste)

Form into balls. Cook in hot oil.

Patti Bowlds

HUSH PUPPIES

¾ c. corn meal
¾ c. flour
1½ tsp. baking powder
1 tsp. sugar
1 to 2 Tbsp. minced onion
1 egg
⅔ c. milk

Sift dry ingredients together; add minced onion. Beat egg and add milk, then add to dry ingredients. Drop by teaspoon into hot grease (375°) until golden brown.

Nora Carter

BISCUITS

2 c. sifted self-rising flour
⅔ c. milk
3 Tbsp. shortening

Sift flour, then measure. Preheat oven to 450°. Cut or rub shortening into flour. Add milk to make a soft dough. Turn out on a lightly floured board and knead gently for ½ minute. Roll out ½ inch thick. Cut with floured 2 inch biscuit cutter and place on lightly greased baking sheet. Bake in preheated oven 10 to 12 minutes. Yields about 12 to 15 biscuits.

Louise Johnson

ANGEL BISCUITS

5 c. self-rising flour
¼ c. sugar
1 c. shortening
1 pkg. dry yeast
2 Tbsp. warm water
2 c. buttermilk
1 stick margarine, melted

Sift dry ingredients together; blend in shortening. Dissolve yeast in warm water; let stand for 5 minutes. Add yeast mixture to buttermilk. Add yeast-buttermilk mixture to flour-shortening mixture. Mix well. Turn out on a floured board or pastry cloth. Roll or pat to desired thickness. Cut biscuits; dip in melted margarine. Place on greased pan. Bake at 450° for 12 minutes.

Ruth Ann Slinker

BISCUIT MIX

8 c. flour
1¼ c. nonfat dry milk powder
¼ c. baking powder
1 Tbsp. salt
2 c. shortening

Combine flour, milk, baking powder, and salt in a very large bowl. Cut in shortening until it resembles coarse cornmeal. Store in tightly closed, covered container in a cool place. Makes about 10 cups.

Reesie Douglas

BUTTERMILK BISCUITS

4 c. self-rising flour
1 Tbsp. sugar
1 Tbsp. baking powder
2 c. buttermilk
⅔ c. shortening

Mix together, but do not knead. Roll out to 1 inch thick. Cut and brush tops with additional buttermilk. Place on greased cookie sheet. Bake at 400° for 15 minutes.

Billy Douglas

CHEESY GARLIC BISCUITS

Dough:

1¼ lb. Bisquick
3 oz. freshly shredded Cheddar cheese
11 oz. cold water

Garlic Spread:

½ c. melted butter
1 tsp. garlic powder
¼ tsp. salt
⅛ tsp. onion powder
⅛ tsp. dried parsley

To cold water, add Bisquick and cheese, blending in a mixing bowl. Mix until dough is firm. Using a small scoop, place the dough on a baking pan lined with baking paper. Bake in 375° oven for 10 to 12 minutes, or until golden brown. While biscuits bake, combine spread ingredients. Brush baked biscuits with the garlic topping.

Billy Douglas

CORNY CORNBREAD

1 c. self-rising meal
1 (8 oz.) sour cream
½ c. oil
1 c. cream-style corn
2 eggs

Combine all ingredients. Pour into pan. Bake at 400° until top is brown.

Ellie Johnson

FIESTA CORNBREAD

1 c. butter, melted
1 c. white sugar
4 eggs
1 (15 oz.) can cream-style corn
½ (4 oz.) can chopped green chile peppers, drained
½ c. shredded Monterey Jack cheese
½ c. shredded Cheddar cheese
1 c. all-purpose flour
1 c. yellow cornmeal
4 tsp. baking powder
¼ tsp. salt

Preheat oven to 300°. Lightly grease a 9x13 inch baking dish. In a large bowl, beat together butter and sugar. Beat in eggs one at a time. Blend in cream corn, chiles, and Monterey Jack and Cheddar cheese. In a separate bowl, stir together flour, cornmeal, baking powder, and salt. Add flour mixture to corn mixture; stir until smooth. Pour batter into prepared pan. Bake in preheated oven for 1 hour, until a toothpick inserted into center of the pan comes out clean.

Billy Douglas

MEXICAN CORNBREAD

1¾ c. yellow self-rising cornmeal
16 oz. sour cream
4 oz. chopped pimentos
1 (8 oz.) can whole kernel corn, drained
2 c. shredded Cheddar cheese
2 eggs
¼ c. oil
½ c. chopped jalapeno pepper
½ c. chopped onion
Dash of salt
Dash of garlic
Dash of pepper

Mix all ingredients. Pour into 9x13 inch baking pan. Bake at 350° for 50 to 60 minutes. Cool, slice, and serve.

Reesie Douglas

CHEESY GARLIC BREAD

1 loaf French bread
½ c. butter
1 c. shredded Jack cheese
1 c. shredded Colby cheese
1 c. mayonnaise
1 bunch green onions, chopped
2 cloves garlic, pureed

Split French bread loaf into halves horizontally. Mix butter, cheeses, mayonnaise, green onions, and garlic in a bowl, blending well. Spread the cut side of bread with spread. Bake at 350° for 7 minutes, then place under broiler about 3 minutes longer. Cut into slices and serve.

Billy Douglas

HAWAIIAN BREAD

6 c. plain flour
3 eggs
1 c. pineapple juice
1 c. water
¾ c. sugar
½ tsp. ginger
1 tsp. vanilla
2 pkg. yeast
1 stick margarine

Beat eggs. Add pineapple juice, water, sugar, ginger, vanilla, and melted margarine. Put 3 cups flour in a large mixing bowl. Add egg mixture and stir until well mixed. Sprinkle yeast 1 package at a time, mixing well. Gradually add other 3 cups flour. Batter will be hard to mix with spoon. You may have to use your hand. Make sure it's mixed well. Leave batter in bowl and cover with a cloth; place in a warm place. Let rise 1 hour. Remove from bowl and knead in ½ cup flour. Knead about 10 times. Divide into 3 equal

parts and place in well greased round cake pans. Cover and place in warm place; let rise about 1 hour. Bake at 350° for 25 to 30 minutes.

Amy Willis

STRAWBERRY BREAD

1 c. butter
1½ c. sugar
1 tsp. vanilla
1 tsp. lemon juice
4 eggs
½ c. sour cream
3 c. flour
½ c. nuts
1 c. strawberry preserves
1 Tbsp. red food coloring

Blend butter, sugar, vanilla, and juice. Beat in eggs one at a time. Add sour cream. Fold in remaining ingredients. Pour batter into 2 large bread pans. Bake at 350° for 35 minutes.

Louise Johnson

ZUCCHINI BREAD

3 eggs, beaten
1 c. vegetable oil
2 c. self-rising flour
1 tsp. vanilla
2 c. sugar
2 c. grated zucchini
2 tsp. cinnamon
2 c. nuts, chopped (optional)

Sift dry ingredients. Add sugar, oil, and beaten eggs; mix well. Stir in zucchini. Add vanilla and nuts. Pour into 2 loaf pans or muffin pans. Bake at 325° for about 1 hour, less for muffins. Test with toothpick for doneness.

Ellie Johnson

PUMPKIN BREAD

1½ c. sugar
½ c. pumpkin
2 eggs
½ c. butter
⅓ c. water
1⅔ c. flour
½ tsp. cinnamon
¼ tsp. ground cloves

Combine sugar and butter; mix well. Add eggs and mix well. Add pumpkin and water; mix well. Sift dry ingredients together and add to mixture. Pour into 2 small greased loaf pans. Bake at 350° for 50 minutes. Let cool on rack, then remove from pan.

Louise Johnson

PUMPKIN BREAD

1½ c. sugar
1 c. pumpkin
1⅔ c. flour
½ tsp. cinnamon
½ tsp. pumpkin pie spice

Combine pumpkin, sugar, and butter; mix until light and fluffy. Add eggs; mix well. Add dry ingredients to pumpkin mixture. Mix well. Pour into well greased and floured pan. Bake at 350° for 50 minutes.

Nora Carter

BANANA NUT BREAD

¾ c. butter
1½ c. sugar
2 eggs, beaten
3 c. sifted flour
2 tsp. baking powder
½ tsp. salt
½ tsp. soda
¼ c. milk
¾ mashed banana
1 c. pecans, chopped

Cream butter; add sugar. Mix until light and fluffy. Add beaten eggs and blend well. Sift flour, baking powder, salt, and soda together. Add milk to banana; add alternately with dry ingredients. Fold in chopped pecans. Pour into 2 greased loaf pans. Bake at 350° for 40 to 50 minutes.

Louise Johnson

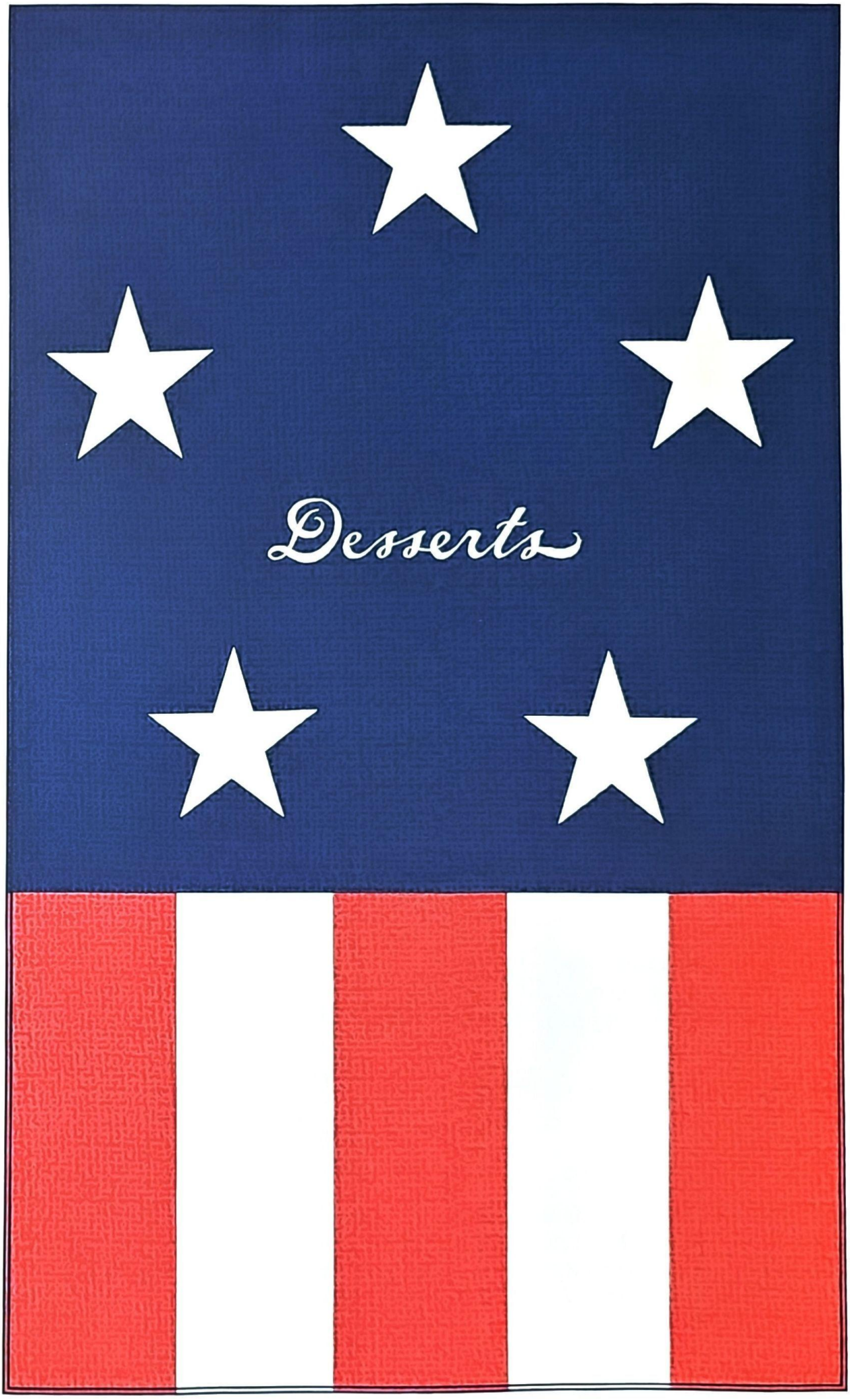
ONE PAN BANANA BREAD

⅓ c. vegetable oil
1½ c. (about 3 large) mashed ripe bananas
½ tsp. vanilla
3 eggs
2½ c. Bisquick baking mix
1 c. sugar
½ c. chopped nuts

Heat oven to 350°. Generously grease bottom of loaf pan, 9x5x3 inches. Stir all ingredients in pan with fork until moistened; beat vigorously 1 minute. Bake until wooden toothpick inserted in center comes out clean, 55 to 65 minutes. Cool 5 minutes; run knife or metal spatula around sides of loaf to loosen. Remove from pan.

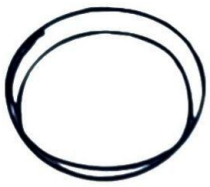
Louise Johnson

Notes


Desserts

Common Baking Dishes and Pans

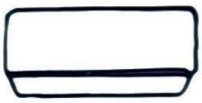
Spring Form Pan



Layer Cake or Pie Pan

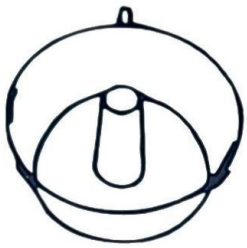
Ring Mold

Baking or Square Pan

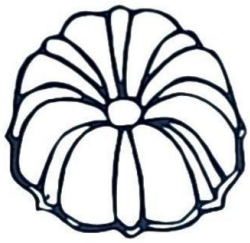


Loaf Pan

Brioche Pan



Angel Cake Pan



Bundt Tube

Equivalent Dishes

4-CUP BAKING DISH
= 9″ pie plate
= 8″ x 1¼″ layer cake pan
= 7⅜″ x 3⅝″ x 2¼″ loaf pan

6-CUP BAKING DISH
= 8″ or 9″ x 1½″ layer cake pan
= 10″ pie pan
= 8½″ x 3⅝″ x 2⅝″ loaf pan

8-CUP BAKING DISH
= 8″ x 8″ x 2″ square pan
= 11″ x 7″ x 1½″ baking pan
= 9″ x 5″ x 3″ loaf pan

10-CUP BAKING DISH
= 9″ x 9″ x 2″ square pan
= 11¾″ x 7½″ x 1¾″ baking pan
= 15″ x 10″ x 1″ flat jelly roll pan

12-CUP BAKING DISH OR MORE
= 13½″ x 8½″ x 2″ glass baking dish
= 13″ x 9″ x 2″ metal baking pan
= 14″ x 10½″ x 2½″ roasting pan

Total Volume of Pans

TUBE PANS	
7½″ x 3″ Bundt tube	6 cups
9″ x 3½″ fancy or Bundt tube	9 cups
9″ x 3½″ angel cake pan	12 cups
10″ x 3¾″ Bundt tube	12 cups
9″ x 3½″ fancy tube mold	12 cups
10″ x 4″ fancy tube mold	16 cups
10″ x 4″ angel cake pan	18 cups
SPRING FORM PANS	
8″ x 3″ pan	12 cups
9″ x 3″ pan	16 cups
RING MOLDS	
8½″ x 2¼″ mold	4½ cups
9¼″ x 2¾″ mold	8 cups
BRIOCHE PAN	
9½″ x 3¼″ pan	8 cups

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BLACK WALNUT CAKE

½ c. butter, softened
½ c. shortening
2 c. sugar
5 eggs, separated
1 c. buttermilk
1 tsp. soda
2 c. all-purpose flour
1 tsp. vanilla extract
2½ c. chopped black walnuts
1 (3 oz.) can flaked coconut
½ tsp. cream of tartar

Cream butter and shortening. Gradually add sugar, beating until light and fluffy and sugar is dissolved. Add egg yolks, beating well. Combine buttermilk and soda; stir until soda dissolves. Add flour to creamed mixture alternately with buttermilk mixture, beginning with 1½ cups walnuts and coconut, stirring well.

Beat egg whites at room temperature with cream of tartar until stiff peaks form. Fold egg whites into batter. Pour batter into 3 greased and floured 9 inch cake pans. Bake at 350° for 30 minutes, or until cake tests done. Cool layers in pans 10 minutes; remove from pans and cool completely. Frost cake with Cream Cheese Frosting. Sprinkle remaining walnuts on top of cake.

Cream Cheese Frosting:

¾ c. butter, softened
1 (8 oz.) pkg. cream cheese, softened
1 (3 oz.) pkg. cream cheese, softened
6¾ c. sifted powdered sugar
1½ tsp. vanilla extract

Cream butter and cream cheese. Gradually add sugar, beating until light and fluffy. Stir in vanilla.

Wanda S. Coon

COCONUT CAKE

1 box cake mix (white or yellow)
1 pkg. coconut
1 (8 oz.) Cool Whip
½ c. sugar
1 c. milk

Add 1 cup coconut to cake mix and bake according to directions. Poke holes into cake. Mix sugar, ½ cup coconut, and milk. Bring to boil and boil 3 minutes. Pour over cake. Mix 1 cup coconut in Cool Whip; spread over cake. Sprinkle remaining coconut over cake. Chill and serve.

Wanda Walls

HUMMINGBIRD CAKE

3 c. all-purpose flour
2 c. sugar
1 tsp. salt
1 tsp. soda
1 tsp. ground cinnamon
3 eggs, beaten
1½ c. salad oil
1½ tsp. vanilla
1 (8 oz.) can crushed pineapple (undrained)
1 c. chopped pecans
2 c. chopped bananas

Combine dry ingredients in a large bowl. Add eggs and salad oil, stirring until dry ingredients are moistened; do not beat. Stir in vanilla, pineapple, 1 cup of chopped pecans, and bananas. Spoon batter into 3 well greased and floured 9 inch cake pans. Bake at 350° for 30 minutes, or until cake tests done. Cool in pans 10 minutes; remove from pans and cool completely. Frost cake with Cream Cheese Frosting between layers and on top and sides; sprinkle with remaining 1 cup of chopped pecans.

Cream Cheese Frosting:

2 (8 oz.) pkg. cream cheese, softened
1 c. butter or margarine, softened
1 (2 lb.) pkg. powdered sugar
2 tsp. vanilla

Combine cream cheese and butter. Cream until smooth; add powdered sugar. Beat until light and fluffy. Stir in vanilla.

Dorthy Bolton

GRAHAM CRACKER CAKE

1 box graham crackers
2 (3 oz.) boxes vanilla pudding
3 c. milk (can condensed milk)
12 oz. Cool Whip
1 tub milk chocolate frosting

Line bottom of square or oblong cake pan with graham crackers. Mix pudding with Eagle Brand milk; fold in Cool Whip. Spoon part over crackers. Continue alternating crackers and pudding, ending with crackers on top. Frost with a can of milk chocolate frosting. Chill several hours.

Joyce Dame

UPSIDE-DOWN GERMAN CHOCOLATE CAKE

1⅓ c. coconut
1 c. pecans
1 stick margarine
1 lb. powdered sugar
8 oz. cream cheese
1 box German chocolate cake mix

Grease 13x9 inch pan. Spread coconut and nuts in pan. Mix cake according to directions; pour over coconut and nuts. Soften margarine and cream cheese; blend well. Drop by spoonfuls over cake. Bake at 350° for 40 to 45 minutes.

Joyce Dame

BLACKBERRY CAKE

1 c. sugar
½ c. melted butter
2 whole eggs
2 c. blackberries
1½ c. plain flour
3 tsp. cocoa
1 tsp. vanilla
1 tsp. cloves
1 tsp. cinnamon
1 tsp. allspice
2 tsp. soda

Mix all ingredients and pour into 2 (9 inch) cake pans. Bake at 350° for 25 to 30 minutes.

Frosting:

1 box brown sugar
½ stick butter
½ c. milk

Cook until forms a soft ball in cold water. Remove from heat, then beat until thick enough to spread on cake.

Barbara Thomasson

STRAWBERRY CAKE

1 box white cake mix
1 box strawberry jello
⅔ c. Wesson oil
4 whole eggs
1 c. crushed strawberries

Mix thoroughly and pour into a greased 13x9 inch pan. Bake at 350°.

Icing:

1 stick butter
1 box powdered sugar
½ c. drained, mashed strawberries

Spread on top of cool cake.

Barbara Thomasson

STRAWBERRY CLOUDS CAKE

1 pkg. strawberry cake mix
1 c. strawberry puree (frozen strawberries, thawed)
⅓ c. oil
⅓ c. half & half milk
⅓ c. water
3 large eggs

Combine all ingredients and whip as directed until smooth. Pour into 3 (8 inch) cake pans. Bake according to instructions on box. Cool. Place strawberries between layers.

Strawberry Icing:

8 oz. cream cheese
1 lb. powdered sugar
¼ c. butter
¼ c. strawberry puree

Combine all ingredients. Add food coloring, if desired, for extra color.

Tonia Shocklee

PINEAPPLE CAKE

1 can crushed pineapple
1 white cake mix
2 large egg whites
1 c. cold milk
2 pkg. Dream Whip

Drain pineapple, reserving juice. Prepare cake mix as directed on the box, using the reserved pineapple juice and water to make the necessary amount of water. Add ½ cup of the pineapple to cake mix and bake in a 13x9 inch pan as directed on the box. Set aside to cool. Mix 1 cup of cold milk and 2 packages of Dream Whip and beat until stiff. Fold in remaining pineapple and spread on top of the cake. Keep cake cold until you're ready to serve.

Billy Douglas

PINEAPPLE CAKE AND ICING

1 box yellow cake mix, prepared
2 c. sugar
1 heaping Tbsp. flour
1 stick butter
2 eggs, beaten
1 large can crushed pineapple, drained

Combine in medium pot. Cook on low heat until thickened. Pour over cake.

Louise Johnson

7-UP CAKE

1 box white or yellow cake mix
1 box instant pineapple pudding
4 eggs, beaten
¾ c. Wesson oil
8 oz. 7-Up

Combine all ingredients. Bake at 350° for 30 to 35 minutes. Makes 3 layers.

Frosting:

1½ c. sugar
2 Tbsp. flour
1 stick butter
2 eggs, beaten
1 can crushed pineapple
1 c. coconut

Combine all but coconut and cook until thick. Add coconut. Cool and put on cake.

Sandie Johnson

BISHOP CAKE

1 box yellow cake mix, prepared
2 boxes vanilla instant pudding, prepared
1 can crushed pineapple (in its juice)
1 container whipped topping

Mix and bake yellow cake mix as directed on box. While cake is baking, prepare the pudding as directed on box. When cake is cooled, take

a fork and poke several holes in the top of the cake. Spread the pineapple (and juice) evenly over the cake; spread pudding over pineapple. Top with whipped topping. Store, covered, in refrigerator.

Trina Ball

DUMP CAKE

1 can crushed pineapple
1 can cherry pie filling
1 pkg. cake mix (white or yellow)
1½ sticks margarine
½ c. chopped walnuts

Grease large baking dish, 9x13x2 inches. Dump pineapple over entire bottom, then dump cherry pie filling over that. Shake dry cake mix evenly over fruit. Slice margarine thinly to cover top, then sprinkle nuts over all. Bake 1 hour at 350°. Serve from pan and top with Cool Whip.

Amy Willis

PUNCH BOWL CAKE

4 c. crushed pineapple
4 c. strawberries
6 bananas
1 large box instant vanilla pudding mix
2 family size Cool Whip
1 (8 oz.) can cream of coconut
1 can Eagle Brand milk
2 angel food cakes

Pinch up angel food cakes in pieces. Make layers in a punch bowl. Mix Eagle Brand milk, cream of coconut, and Cool Whip together. Put one layer of pineapple, put strawberries for second layer, and put bananas for third layer. Put Cool Whip mixture on each layer. At last, spread the rest of Cool Whip mixture on top.

Dorthy Bolton

HAWAIIAN CAKE

1 box yellow cake mix
1 pkg. instant vanilla pudding
1 c. cold milk
1 pkg. cream cheese, softened
1 small bowl Cool Whip, thawed
1 can crushed pineapple, drained
½ c. chopped nuts
1 can maraschino cherries, chopped
½ c. flaked coconut

Prepare cake mix according to the directions on the box. Pour batter into greased 15x10 inch pan. Bake at 350° for 15 to 20 minutes. Let it get cold in pan. Blend pudding mix with milk. Beat cream cheese into pudding mix until smooth, then, stirring by hand, fold in thawed Cool Whip. Spread pudding on top of cake. Top with crushed pineapple. Sprinkle with nuts, then cherries, and last with coconut. Chill and serve.

Reesie Douglas

YUM YUM

2 c. self-rising flour
2 c. sugar
2 eggs
1 can crushed pineapple (juice and all)

Spray pan with Pam (vegetable cooking spray). Bake at 350° for 30 minutes.

Icing:

1 c. Pet milk
⅔ stick butter
1 c. sugar

Boil for 2 minutes; add 1 cup coconut and pecans about 1 minute after boil.

Sandie Johnson

YUMMY CAKE

1 (16 oz.) mandarin oranges and juice
1 box yellow cake mix
3 eggs

Beat ingredients and pour in 3 well greased and floured 8 or 9 inch pans. Bake at 350° for 15 to 18 minutes. Let cool.

Frosting:

1 (20 oz.) crushed pineapple and juice
1 (9 oz.) Cool Whip
1 small pkg. instant vanilla pudding

Mix all together; frost and layer cakes. Refrigerate.

Tonia Shocklee

CHOCOLATE SUNDAE CAKE

1 box chocolate cake mix
1 c. brown sugar
½ c. cocoa
2 c. water
2 c. miniature marshmallows
1 c. chopped pecans

Combine brown sugar, cocoa, and water; mix well. Pour in 13x9 inch pan. Place marshmallows evenly on top. Make cake batter, following package directions; pour into pan. Top with pecans. Bake at 350° for 45 to 50 minutes.

Tonia Shocklee

ICEBOX FRUIT CAKE

1 box raisins
2 cans Eagle Brand milk
1 can shredded coconut
4 c. pecans
1 jar candy cherries, drained
1 lb. graham crackers, crushed

Mix together and put in cracker box lined with wax paper. Refrigerate for 2 weeks recommended before serving.

Tonia Shocklee

MEXICAN FRUIT CAKE

2 c. flour
2 c. sugar
1 tsp. soda
2 eggs
1 can crushed pineapple
1 c. nuts

Mix all ingredients and pour in a 9x13 inch pan. Bake at 350° for 30 minutes.

For the topping, mix:

8 oz. cream cheese, softened
2 c. powdered sugar
1 stick butter
1 tsp. vanilla

Pour over cake.

Tonia Shocklee

RAINBOW CAKE

2 baked white cake layers, cooled
2 (3 oz.) pkg. Jell-O gelatin to flavor
2 c. boiling water
1 (8 oz.) Cool Whip

Place cake layers, top sides up, in 2 clean layer pans. Prick each cake with utility fork at ½ inch intervals. Dissolve each flavor of gelatin separately in 1 cup boiling water and carefully spoon each over one cake layer. Chill 3 to 4 hours. Dip one cake pan in warm water for 10 seconds; turn out onto serving plate. Top with 1 cup Cool Whip. Unmold second cake layer; place carefully on first layer. Frost top and sides with Cool Whip. Chill.

Nora Carter

WREATH CAKE

⅓ c. melted butter
1 (10 oz.) bag marshmallows
6 c. corn flakes
Green food coloring
½ tsp. vanilla

Melt marshmallows and butter together. Add ½ teaspoon vanilla and a few drops of green food color, then add 6 cups of corn flakes. Butter a round ring pan and pour mixture in. Take out of the round pan after it sets a little while. Put cinnamon hots around the wreath.

Barbara Thomasson

DIRT CAKE

1 pkg. cream-filled chocolate cookies
1 (8 oz.) pkg. cream cheese, softened
4 Tbsp. margarine, softened
1 c. confectioners sugar
2 pkg. instant vanilla pudding mix
3½ c. cold milk
1 large Cool Whip

In a blender, crush cookies and set aside. In a mixing bowl, beat cream cheese, margarine, and sugar until smooth. In another bowl, mix pudding and milk until well blended. Fold into cream cheese mixture. Fold in Cool Whip. Alternate layers of cookie crumbs and pudding mixture, ending with crumbs. Chill overnight.

Can be put in a clean flowerpot and decorated with silk flowers and gummy worms.

Peggie Sullivan

DIRT CAKE

2 (8 oz.) pkg. cream cheese, softened
12 oz. Cool Whip
2 small boxes vanilla instant pudding
1 large pkg. Oreo cookies, crumbled

Prepare pudding according to directions on box. Combine pudding, cream cheese, and Cool Whip. In an 8 or 9 inch flowerpot, place layer of cookie crumbs, then pudding. Alternate layers, with cookie crumbs being last layer on top. Refrigerate until serving time.

Tonia Shocklee

CHESS CAKE

1 egg
1 box yellow cake mix
1 stick butter

Combine all ingredients. Press into a 9x13 inch cake pan for crust.

1 box powdered sugar
2 eggs
1 (8 oz.) cream cheese

Combine all ingredients. Pour over crust. Bake at 350° for 40 to 45 minutes.

Louise Johnson

ALMOND JOY CHOCOLATE CAKE

1 box Duncan Hines chocolate cake mix
1 large can Pet milk
2½ c. sugar
24 large marshmallows
14 oz. coconut
1 stick margarine
12 oz. chocolate chips
1 (3 oz.) slivered almonds (optional)

Preheat oven to 350°. Grease and flour 2 (9x13 inch) pans. Mix cake mix according to box directions. Divide evenly into the pans. Bake about 17 to 20 minutes. Let cool. In a large saucepan, bring 1 cup Pet milk and 1 cup sugar to a rapid boil. Stir constantly. Stir in marshmallows until dissolved. Add coconut. Pour evenly over both cakes. Cool.

Bring to boil ½ cup Pet milk and 1½ cups sugar. Stir constantly; add margarine and chocolate chips. Stir until melted. (Add almonds.) Pour over cake mixtures evenly. Let cool. Makes 2 (9x13 inch) cakes.

Louise Johnson

MILKY WAY CAKE

4 (2.1 oz.) Milky Way candy bars
½ lb. butter
2 c. sugar
4 eggs
1 c. buttermilk
2½ c. flour
¼ tsp. baking soda
2 tsp. vanilla extract
1 c. pecans, chopped

Melt Milky Ways and 8 tablespoons butter in double boiler. Let cool. Preheat oven to 350°. Cream remaining butter with sugar. Add eggs one at a time. Add buttermilk alternately with flour and soda. Add vanilla and Milky Way mixture and mix until smooth. Fold in pecans. Pour into a greased and floured Bundt pan. Bake 1 hour, or until cake tester comes out clean. Cool 15 minutes in the pan, then turn out on rack to finish cooling.

Reesie Douglas

DING DONG CAKE

1 box chocolate cake mix

Prepare 2 layers as directed on the box.

Filling:

⅔ c. shortening
⅓ c. Pet milk
½ c. sugar
1 tsp. vanilla
Pinch of salt
½ c. powdered sugar

Combine first 5 ingredients and beat for 5 minutes. Add powdered sugar and beat 3 to 4 minutes longer. Spread between layers. Frost cake with 1 can milk chocolate frosting.

Tonia Shocklee

HONEY BUN CAKE

1 box yellow cake mix
2 eggs
1 stick butter, melted
1 small container sour cream

Beat these ingredients, then pour ½ batter in greased pan.

Filling:

1 c. brown sugar
3 Tbsp. cinnamon

Mix and sprinkle over batter in pan; add remaining batter. Bake 30 minutes at 350°.

Icing:

2 c. powdered sugar
¼ c. milk
½ tsp. vanilla

Poke holes in cake and pour over cake while hot.

Tonia Shocklee

HONEY BUN CAKE

1 yellow cake mix
8 oz. sour cream
4 eggs
¾ c. oil

Middle mix:

¾ c. brown sugar
1 Tbsp. cinnamon

Mix cake mix, sour cream, eggs, and oil together. Pour ½ of mixture in a 9x13 inch pan. Add middle mix, then pour rest of cake mixture on top. Bake at 350°.

Icing:

2½ c. powdered sugar
½ c. milk

Mix together. Poke holes in cake and pour over top of hot cake.

Gennie Burden

CHEESE CAKE

1 butter recipe cake mix
1 stick butter
1 egg

Mix 3 ingredients and press in a 13x9 inch pan.

8 oz. cream cheese
2 eggs
1 lb. powdered sugar

Beat until smooth and pour over cake. Bake at 350° until brown or won't shake.

Joyce Dame

FLUFFY 2-STEP CHEESECAKE

1 (8 oz.) pkg. cream cheese, softened
⅓ c. sugar
1 (8 oz.) Cool Whip
1 prepared graham cracker crust
1½ c. cherry pie filling

Beat cream cheese and sugar in large bowl until smooth. Gently stir in Cool Whip; spoon into crust. Refrigerate 3 hours, or until set. Spoon pie filling evenly over top of pie. Makes 8 servings.

Louise Johnson

SUGAR FREE ONE LAYER CAKE

1¾ c. self-rising flour
½ c. fructose sweetener
⅓ c. shortening
1 tsp. vanilla
1 egg
¾ c. skim milk

Mix all ingredients together in medium bowl about 4 minutes. Bake at 350° until well done.

Peggie Sullivan

SUGAR FREE BANANA SPLIT CAKE

1 sugar free 1-layer yellow cake, made in 13 inch oblong pan
2 boxes sugar free vanilla instant pudding
3 c. skim milk
3 bananas, sliced over pudding
1 small can crushed pineapple in own juice
Cool Whip
Nuts

Mix sugar free pudding with milk. Pour over cooled cake. Slice 3 bananas over pudding. Using slotted spoon, spoon pineapple in its own juice over bananas. Top with Cool Whip and nuts.

Peggie Sullivan

SUGAR FREE BOSTON CREAM PIE

Sugar free yellow cake
1 box sugar free vanilla pudding
Chocolate Sauce
Sliced almonds

Follow recipe for 1-layer sugar free yellow cake; make 2 layers in 8 inch pans. Cool on rack. Mix pudding according to directions. Let set. Spoon all of pudding between the 2 layers of cake. Top with Chocolate Sauce and almonds.

Sugar Free Chocolate Sauce:

½ c. fructose
2 tsp. cornstarch
⅓ c. water
½ tsp. vanilla
1 tsp. margarine
2 heaping Tbsp. cocoa
Hot water

Heat fructose, cornstarch, and ⅓ cup water in saucepan until thick. Add vanilla, margarine, and cocoa. Stir well. Add enough hot water, 1 tablespoon at a time, until you reach a spreadable consistency. Pour on top of cake and let drizzle down sides.

Variation: Use sugar free chocolate pudding instead of vanilla.

Peggie Sullivan

GERMAN CHOCOLATE CAKE ICING

1½ c. sugar
4 egg yolks
1 (12 oz.) can evaporated milk
1½ sticks butter
1½ tsp. vanilla
2⅔ c. coconut
1½ c. pecans

Cream eggs and sugar together; add evaporated milk and butter to egg mixture. Cook in saucepan until thick, stirring constantly. After it cooks, add vanilla, coconut, and pecans. Spread over cake.

Joyce Dame

NO FAIL CARAMEL ICING

Melt 1 stick of margarine; add 1 cup dark brown sugar and cook over low heat 3 to 4 minutes. Remove from heat; add ¼ cup of cream or condensed milk. Bring to boil; remove from heat and add enough powdered sugar to make spreading consistency (about 1 pound). If icing gets too thick while spreading, add more milk.

Louise Johnson

EGG WHITE ICING

2½ c. sugar
½ c. water
½ c. syrup
¼ tsp. salt
1 tsp. vanilla
2 egg whites, beaten

Combine all ingredients, except vanilla and eggs. Cook to 260°. Pour over eggs and beat until dry. Add vanilla.

Louise Johnson

CREAM CHEESE FROSTING

1 (8 oz.) cream cheese, softened
1 box powdered sugar
1 stick butter
1 tsp. vanilla

Beat cream cheese and butter together. Beat in sugar until mixture is fluffy; add vanilla.

Tonia Shocklee

APPLE PIE

½ c. sugar
2 Tbsp. cinnamon

Mix and sprinkle ½ of mixture on bottom of unbaked deep-dish pie shell. Fill with sliced or diced apples. Sprinkle remaining sugar-cinnamon mixture on apples.

Mix:

¾ c. flour
½ c. sugar
¼ c. milk
1 stick butter

Pour over pie and bake at 350° for 45 minutes.

Ruth Ann Slinker

PECAN PIE

3 eggs
1 c. sugar
¾ c. corn syrup
¼ c. melted butter
1½ c. pecan halves
1 unbaked pie crust

Beat eggs. Stir in sugar, syrup, butter, and pecans. Pour into pie crust. Bake at 350° for 30 to 40 minutes.

Tonia Shocklee

PECAN PIE

1 c. sugar
½ c. corn syrup
¼ c. butter, melted
3 eggs, well beaten
1 c. pecans

Combine sugar, syrup, and melted butter. Add eggs and pecans to syrup mixture, mixing thoroughly. Pour filling into pie shell. Bake at 375° for 40 to 45 minutes. Cool.

Nora Carter

SOUTHERN PECAN PIE

1 c. sugar
3 eggs, beaten well
½ c. dark (Bob White) corn syrup
¼ c. butter, melted
1 c. pecan halves
1 unbaked pie shell

Combine sugar, syrup, and butter. Add eggs and pecans to mixture. Pour into pie shell. Bake at 375° for 40 to 45 minutes.

Louise Johnson

CHOCOLATE CHIP PECAN PIE

3 eggs
1½ c. white sugar
½ c. all-purpose flour
6 Tbsp. butter, melted
½ tsp. salt
½ tsp. lemon juice
½ c. corn syrup
1½ c. semi-sweet chocolate chips
1½ c. chopped pecans
1 recipe pastry for 9 inch single-crust pie

Preheat oven to 350°. In a large mixing bowl, beat eggs until light and fluffy. Add sugar, flour, melted butter or margarine, salt, lemon juice, and corn syrup. Mix thoroughly, then stir in chocolate chips and pecans. Pour mixture into pie shell. Bake in preheated oven for 45 minutes, or until set and golden.

Reesie Douglas

COCONUT CREAM PIE

⅓ c. sugar
2 Tbsp. corn starch
¼ tsp. salt
3 egg yolks
1½ c. scalded milk
1 tsp. butter
½ c. shredded coconut
½ tsp. vanilla

Add sugar, corn starch, and salt to egg yolks, then add scalded milk; put into double boiler. Stir and cook until thickened. Add butter, coconut, and vanilla. Pour into pie tin lined with plain pastry. Bake at 450° until the crust is set, then reduce heat to 325°.

Meringue:

3 egg whites
¼ tsp. salt
¼ tsp. vanilla
1 tsp. lemon juice
6 Tbsp. sugar

Beat egg whites until bubbly. Add salt, vanilla, and lemon juice. Continue beating until egg whites form a thick foam. Add sugar a tablespoon at a time, beating after each addition. After last addition of sugar, beat until mixture piles and sugar is dissolved.

Nora Carter

FRENCH COCONUT PIE

1½ c. sugar
1 Tbsp. flour or cornstarch
1 stick butter
2 eggs
½ c. buttermilk
1 c. coconut
1 pie crust

Do not use mixer. Cream sugar, flour, and butter. Add eggs, buttermilk, and coconut. Mix well. Pour into pie crust and bake at 350° until well done.

Ruth Ann Slinker

CHOCOLATE COCONUT PIE

3 eggs
¼ c. corn starch
1 c. sugar
3 c. milk
6 Tbsp. cocoa
1 Tbsp. butter
1 tsp. vanilla extract
¾ c. coconut

Position the oven rack in the center of the oven and preheat the oven to 350°. Prepare and bake a pie crust. In a large bowl, beat the egg yolks until thick and light-colored. Beat in the corn starch and sugar.

In a large saucepan, over medium heat, warm the milk until simmering. Remove from heat. Beat ½ cup of the hot milk into the egg mixture. Mix the egg mixture into the saucepan. Beat in the cocoa powder and butter. Cook, stirring constantly, until thick and smooth. Remove from heat and stir in the extract. Fold in the coconut. Pour into the prepared pie crust.

Billy Douglas

PUMPKIN PIE

2 c. cooked pumpkin
1 egg
2 tsp. pumpkin pie spice
1 tsp. ginger
1 can Eagle Brand milk
1 (9 inch) pie shell

Mix all ingredients well and pour into unbaked pie shell. Bake in a 350° oven for 30 to 40 minutes.

Tonia Shocklee

INSTANT PUMPKIN PIE

1½ c. milk
1 (6 serving size) pkg. vanilla instant pudding
1 c. canned pumpkin
1 tsp. pumpkin pie spice
1 c. prepared Dream Whip whipped topping
1 baked 9 inch pie shell, cooled

Combine milk, pie filling mix, pumpkin, spice, and whipped topping in a deep, narrow bottom bowl. Beat on lowest speed for 1 minute. Pour into pie shell. Chill until set, at least 3 hours. Garnish with additional whipped topping and pecans.

Nora Carter

PEANUT BUTTER PIE

8 oz. Cool Whip
½ c. crunchy peanut butter
1 c. powdered sugar
½ tsp. vanilla
8 oz. cream cheese
Graham cracker crust

Mix well and pour into graham cracker crust. Garnish with peanuts.

Nora Carter

PEANUT BUTTER PIE

1 (8 oz.) pkg. cream cheese, softened
¾ c. white sugar
1½ c. peanut butter
2 (8 oz.) containers frozen whipped topping, thawed
1 (9 inch) graham cracker crust

In a large bowl, beat cream cheese and sugar until smooth. Beat in the peanut butter. Fold in 1 container of whipped topping. Spread filling in pie crust. Chill for 1 hour. Spread top with remaining container of whipped topping. Refrigerate 1 hour before serving.

Amy Willis

CHESS PIE

4 eggs, beaten (no mixer)
2 c. sugar
½ stick butter (real)
1 Tbsp. plain flour
1 tsp. vinegar
½ c. milk
1 tsp. vanilla flavoring
1 unbaked pie shell

Preheat oven to 325°. Mix all ingredients. Pour into pie shell. Bake for 45 minutes, or until firm.

Louise Johnson

CHOCOLATE CHESS PIE

2 c. sugar
½ c. cocoa
1 c. melted butter
3 eggs, beaten well
1 tsp. vanilla

Pour into unbaked pie shell. Sprinkle nuts on top as you slide in oven. Bake 45 minutes at 350°.

Jean Johnson

CHOCOLATE SILK PIE

½ c. butter
¾ c. sugar
1 oz. Baker's unsweetened chocolate
1 tsp. vanilla
2 eggs
1 (9 inch) pie shell
½ pt. Cool Whip

Thoroughly cream butter and sugar. Blend in melted chocolate and vanilla. Add eggs one at a time, beating 5 minutes after each addition on medium speed. Pour into cool pie shell; chill for 2 hours. Top with Cool Whip.

Reesie Douglas

CHOCOLATE PIE

1 c. sugar
3 Tbsp. flour
⅓ c. cocoa
3 eggs, separated
2 c. milk
¼ tsp. vanilla
1 Tbsp. butter
1 prebaked pie crust

Beat egg yolks; add ¼ cup of milk. Beat into mixture of sugar, flour, and cocoa. Let rest of milk come almost to a boil, then gradually add chocolate mixture, stirring constantly while cooking. Remove from heat as soon as thickens; add butter and vanilla. Pour into pie crust.

Meringue: Beat 3 egg whites. After they start to stiffen, add 4 tablespoons of sugar. Spread on top of pie; bake at 350° until brown.

Tonia Shocklee

HICKORY NUT PIE

1 c. sugar
½ c. light corn syrup
¼ c. melted margarine or butter
3 eggs
1 c. nuts

Mix all ingredients together and pour in unbaked pie shell. Bake at 350° for about 40 minutes.

Stacy May

CREAMY LEMON PIE

1¾ c. cold milk
2 small pkg. instant vanilla pudding
1 (6 oz.) can frozen lemonade concentrate, thawed
1 (8 oz.) Cool Whip, thawed
1 graham cracker crust
Lemon slices (optional)

Pour milk into large bowl; add pudding mix. Beat with whisk 30 seconds. Add lemonade; beat with whisk 30 seconds. Mixture will be thick. Immediately stir in Cool Whip. Refrigerate for 4 hours, or until set. Garnish with lemon slices if desired.

Louise Johnson

BUTTERMILK PIE

1½ c. sugar
½ c. buttermilk
1 stick butter, melted
2 eggs
1 tsp. sugar
2 Tbsp. flour

Mix; pour into unbaked pie shell. Cook at 325° until firm (about 40 minutes).

Nora Carter

CHOCOLATE CHIP PIE

1 c. sugar
2 eggs
½ c. all-purpose flour
½ c. chocolate chips
¾ c. coconut
¾ c. nuts
¾ c. butter
1 tsp. vanilla
½ tsp. salt

Mix all together well; put in unbaked pie shell. Bake at 375° for 30 minutes.

Marlene Hamilton

RAINBOW COOKIE PIE

1 (6 oz.) graham cracker crust
1 (8 oz.) pkg. cream cheese, softened
⅓ c. sugar
1 tsp. lemon juice
1 (8 oz.) Cool Whip, thawed
1¼ c. Keebler Rainbow Chips Deluxe cookies, chopped
Multi-colored milk chocolate candies

Mix cream cheese, sugar, and lemon juice with electric mixer until blended; gently stir in Cool Whip. Fold in chopped cookies. Spoon into crust. Refrigerate 3 hours or overnight. Garnish with multi-colored milk chocolate candies just prior to serving. Makes 8 servings.

Louise Johnson

REESE'S CUP PIE

1 (9 inch) graham cracker crust
1 (6 serving size) box instant chocolate pudding mix
2 c. milk
1 (8 oz.) tub non-dairy whipped topping
10 regular size chocolate-covered peanut butter cups, chopped

In a medium size mixing bowl, combine pudding mix and milk. Whisk until smooth. Allow pudding to set up 5 minutes, then fold in whipped topping and peanut butter cups. Pour mixture into pie crust; chill at least 1 hour before serving.

Ruth Ann Slinker

MOUNDS BAR PIE

3 Tbsp. butter
8 oz. Cool Whip, thawed
1 graham cracker crust
7 small Mounds candy bars

Melt Mounds and butter; let cool. Mix with Cool Whip; pour in graham crust. Refrigerate.

Tonia Shocklee

MILLIONAIRE PIE

1 can Eagle Brand milk
8 oz. Cool Whip
1 (15 oz.) can crushed pineapple, drained
1 small can coconut
1½ c. pecans
⅓ c. lemon juice
2 graham cracker crusts

Mix all ingredients together. Rapidly pour into crusts. Refrigerate for several hours.

Nora Carter

TURTLE PIE

¼ c. caramel ice cream topping
6 oz. graham cracker crust
½ c. pecans, chopped
2 (4 oz.) pkg. chocolate pudding (cook-and-serve variety)
3 c. milk
Cool Whip

Spread caramel topping on bottom of crust. Sprinkle with pecans. Refrigerate. Stir pudding mixes into milk in medium saucepan. Stirring constantly, cook on medium heat until mixture comes to a full boil. Remove from heat. Cool 5 minutes, stirring twice. Pour into crust. Place plastic wrap on surface of filling. Refrigerate 3 hours, or until set. Garnish with Cool Whip.

Amy Willis

DIRT PIE

1 (4 serving size) pkg. Jell-O instant chocolate pudding
1 c. milk
8 oz. Cool Whip
20 chocolate sandwich cookies, chopped
1½ c. Kraft mini marshmallows
1 graham cracker crust

Prepare pudding according to package directions, reducing milk to 1 cup. Fold in whipped topping. Stir in ⅔ of the cookies and all the marshmallows. Spoon this into the crust. Sprinkle top with the remaining cookies. Freeze until firm, about 4 hours. Remove from freezer 10 minutes before serving for easy slicing.

Billy Douglas

FROZEN HAWAIIAN PIE

1 can sweetened condensed milk
1 (12 oz.) Cool Whip, thawed
1 (20 oz.) can crushed pineapple, drained
½ c. chopped walnuts
½ c. chopped maraschino cherries
2 (9 inch) graham cracker crusts
2 Tbsp. lemon juice

In a bowl, combine milk and Cool Whip. Gently fold in pineapple, nuts, cherries, and lemon juice. Pour into crust. Freeze until firm, about 4 hours. Remove from freezer 20 minutes before serving. Garnish with nuts and cherries (optional).

Ellie Johnson

BANANA MARSHMALLOW PIE

1 (3.4 oz.) pkg. instant vanilla pudding
1¾ c. milk
1 c. frozen whip topping, thawed
2 c. (⅓ of 10½ oz. pkg.) Kraft Jet Puffed mini marshmallows
2 medium bananas, sliced
1 (9 inch) graham cracker crust

Prepare pudding mix according to package directions, except using 1¾ cups milk; set for 3 to 5 minutes. Fold in whip topping and marshmallows. Layer bananas on graham cracker crust. Spoon filling over bananas. Chill at least 1 hour. Makes 6 to 8 servings.

Louise Johnson

STRAWBERRY CHEESE PIE

1 (6 oz.) graham cracker crust
1 (8 oz.) cream cheese, softened
1 (14 oz.) can Eagle Brand milk
½ c. ReaLemon lemon juice
1 tsp. vanilla
1 qt. fresh strawberries, cleaned and hulled
1 (16 oz.) pkg. prepared strawberry glaze, chilled

In large bowl, beat cream cheese until fluffy; gradually beat in milk until smooth. Stir in lemon juice and vanilla. Pour into crust and chill for 3

hours, or until set. Top with strawberries and desired amount of glaze. Makes 8 servings.

Louise Johnson

CHOCOLATE CHIP COOKIES

⅔ c. butter
½ c. sugar
½ c. brown sugar
1 egg
1 tsp. vanilla
1½ c. all-purpose flour
½ tsp. soda
½ tsp. salt
1 pkg. semi-sweet chocolate chips

Heat oven to 375°. Mix thoroughly the butter, sugar, egg, and vanilla. Stir in remaining ingredients. (For a softer, rounder cookie, add ½ cup flour.) Drop dough by rounded teaspoonfuls 2 inches apart onto ungreased baking sheet. Bake 8 to 10 minutes, or until light brown. Cool slightly before removing from baking sheet.

Trisha Case

PEANUT BUTTER COOKIES

1 c. shortening
2 eggs
1 c. peanut butter
1 tsp. vanilla
1 c. sugar
2¼ c. flour
1 c. brown sugar, packed

Cream shortening, peanut butter, sugar, and brown sugar; beat in eggs and vanilla. Blend in flour. Form into 1 inch balls; place on ungreased cookie sheet. Flatten slightly with a fork. Bake at 350° for 10 minutes.

Teresa Parker

OATMEAL COOKIES

1 c. shortening
1 c. sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1½ c. flour (plain)
1 tsp. salt
1 tsp. soda
3 c. oats
Nuts (if desired)

Combine shortening and sugar; mix in eggs and vanilla. Sift flour, salt, and soda. Fold in creamed mixture. Add oats and nuts. Roll into balls and press down with a fork. Bake at 350° for 8 to 10 minutes.

Wanda Coon

PECAN COOKIES

1½ c. vegetable shortening
¾ c. granulated sugar
1½ tsp. salt
2 eggs
4 c. all-purpose flour
¼ tsp. baking soda
2 Tbsp. water
1 c. shelled pecans

Preheat oven to 325°F. In a large bowl, cream together the shortening, sugar, and salt with an electric mixer on medium speed. Add the eggs and beat well. While mixing, slowly add the flour, baking soda, and water.

Chop the pecans into very small bits, using a food processor or blender on low speed. Be careful not to overchop; you don't want to make pecan dust. The pieces should be about the size of rice grains. Add the pecans to the dough and knead with your hands until the pecans are well blended into the mixture. Roll the dough into 1 inch balls and press flat with your hands onto ungreased baking sheets. The cookies should be about 2 inches in diameter and ½ inch thick. Bake for 25 to 30 minutes, or until the edges of the cookies are golden brown.

Billy Douglas

NO BAKE COOKIES

2 c. sugar
¼ c. cocoa
½ c. chunky peanut butter
3 c. quick-cooking oats
½ c. milk
1 tsp. vanilla
1 pinch salt
¼ lb. margarine

Mix in pan the sugar, cocoa, milk, and butter. Put on medium heat and cook till it starts to boil. Remove from heat; cool for 1 minute. Add vanilla, salt, peanut butter, and oatmeal. Stir well. Drop by teaspoons on wax paper.

Nora Carter

"NO BAKE" OATMEAL COOKIES

2 c. sugar
½ c. Pet milk
1 stick butter
¼ c. cocoa
3 c. quick oats
½ c. peanut butter

Bring first 4 ingredients to a boil over medium heat. Boil 1 minute, stirring constantly. Remove from heat and add oats and peanut butter. Spoon onto wax paper.

Billy Douglas

SNICKERDOODLES

½ c. butter
½ c. shortening
1½ c. sugar
2 eggs
2¾ c. flour
2 tsp. cream of tartar
¼ tsp. salt
¼ tsp. soda
2 Tbsp. sugar
2 tsp. cinnamon

Heat oven to 400°. Mix butter, shortening, 1½ cups sugar, and eggs. Blend flour, cream of tartar, soda, and salt. Shape dough by rounded teaspoon into balls. Mix 2 tablespoons sugar and cinnamon; roll balls in sugar mixture. Place 2 inches apart on ungreased baking sheet. Bake 8 to 10 minutes, or until set. Makes about 6 dozen.

Louise Johnson

BROWNIES

4 oz. unsweetened chocolate
⅔ c. shortening
2 c. sugar
4 eggs
1 tsp. vanilla
1¼ c. flour
1 tsp. baking powder
1 tsp. salt
1 c. chopped nuts

Heat oven to 350°. Grease baking pan, 13x9 inches. Melt chocolate and shortening in large saucepan over low heat. Remove from heat. Mix in sugar, eggs, and vanilla; stir in remaining ingredients. Spread in pan and bake 30 minutes, or until brownies pull away from the sides; do not overbake. Cool slightly. Cut into bars about 2 x 1½ inches. If desired, spread with chocolate frosting before cutting.

Louise Johnson

MILK CHOCOLATE BROWNIES

1 box brownie mix
6 oz. chopped nuts
2 eggs
8 oz. Cool Whip, thawed
½ c. chocolate chips
½ c. white chocolate
1 tsp. vanilla

Preheat oven to 325°; grease bottom of 13x9 inch pan. In large bowl, mix Cool Whip, eggs, and vanilla until smooth. Stir in brownie mix until moistened; stir in nuts. Spread mixture in pan; sprinkle both kinds of chocolate chips on top and bake for 30 to 40 minutes.

Tonia Shocklee

DEATH BY CHOCOLATE

1 box brownie mix
2 c. chocolate chips
2 c. chopped walnuts
1 small box chocolate pudding
1 (8 oz.) Cool Whip, thawed
3 Butterfinger candy bars, crushed

Fix brownies as directed on box; add chocolate chips. Pour in greased 13x9 inch baking dish; sprinkle walnuts on top. Bake as directed on box. Let cool. Fix pudding as directed. Pour over baked brownies, then spread with Cool Whip. Sprinkle crushed Butterfingers on top.

Tonia Shocklee

CHOCOLATE FUDGE

4 c. sugar
1 (14½ oz.) can evaporated milk
1 c. margarine
1 (1 pt.) jar marshmallow creme
1 tsp. vanilla
1 c. chopped nuts (optional)
1 (12 oz.) pkg. chocolate chips

Cook sugar, evaporated milk, and margarine over medium heat until forms soft ball. Add remaining ingredients. Pour in buttered 13x9 inch cake pan. Let cool, but cut before it gets cold.

JoAnn Allen

HOMEMADE CHOCOLATE FUDGE

2 c. sugar
1 c. evaporated milk
1 stick butter
¼ c. light corn syrup
1 tsp. vanilla
⅓ c. cocoa

Mix cocoa and sugar, then stir in milk in a saucepan. Add syrup and cook until forms a soft ball in cold water, then add butter and vanilla; beat with a mixer until it thickens to almost set. Pour into buttered dish. Cool until firm, then cut into squares.

Vonnie St. Clair

CREAMY FUDGE

1 (28 oz.) pkg. chocolate or vanilla-flavored candy coating
2 Tbsp. butter
1 (14 oz.) Eagle Brand milk
¼ tsp. salt
1½ c. chopped nuts
1 tsp. vanilla extract

In heavy saucepan, over medium heat, melt candy coating and butter with milk and salt. Remove from heat; stir in nuts and vanilla. Spread evenly into 13x9 inch pan lined with wax paper. Chill for 3 hours, or until firm. Turn fudge onto cutting board; peel off paper and cut into squares.

Microwave method: In 2 quart glass bowl, combine candy coating, butter, milk, and salt. Cook on HIGH for 6 to 8 minutes, or until melted, stirring every 2 minutes; stir until mixture is smooth. Proceed as above.

Nora Carter

FOOLPROOF FUDGE

3 c. semi-sweet chocolate chips
1 (14 oz.) can Eagle Brand milk
Dash of salt
1 c. chopped walnuts
1½ tsp. vanilla extract

In a saucepan, over low heat, melt chips with milk and salt. Remove from heat. Stir in walnuts and vanilla. Spread into aluminum foil-lined 8x9 inch square pan. Chill 2 hours, or until firm. Turn fudge onto cutting board; peel off foil and cut into squares. Makes about 2 pounds.

Louise Johnson

NEVER-FAIL FUDGE

3 c. sugar
¾ c. butter
⅔ c. evaporated milk
1 tsp. vanilla
1 (12 oz.) pkg. peanut butter chips or chocolate chips
1 (7 oz.) jar marshmallow creme

Combine first 4 ingredients in large saucepan. Bring to a full boil, stirring constantly. Boil 5 minutes over medium heat, stirring constantly. Remove from heat. Stir in remaining ingredients. Mix until well blended. Pour into well buttered 13x9 inch pan. Cool and cut into squares.

Billy Douglas

MELT IN YOUR MOUTH CHOCOLATE FUDGE

2 c. (two 5⅛ oz. pkg.) Jell-O chocolate pudding and pie filling (not instant)
4 c. sugar
2 c. milk
2 Tbsp. butter
2 c. (12 oz. pkg.) chocolate chips

Mix until smooth. Place over medium-low heat; stir constantly until reaches a full boil. Lower heat; stir frequently until mixture forms a soft ball when dropped in cold water. Remove from heat; add butter. Beat with electric mixer, starting on low and gradually increasing to high; add 2 cups nuts if desired. Pour at once into 8 inch square pans. Cut into pieces.

Nora Carter

PEANUT BUTTER FUDGE

½ c. vanilla pudding mix (not instant)
½ c. milk
2 Tbsp. peanut butter
½ c. chopped nuts

Stir pudding mix and milk until smooth. Place over medium-low heat and cook for 5 minutes, stirring frequently, until mixture forms a soft ball when dropped in cold water. Remove from heat and add 2 tablespoons peanut butter. Beat with electric mixer 10 minutes, starting on low and gradually increasing to high. Stir in chopped nuts. Pour at once into buttered 8 inch square pans. Cool, then cut into pieces.

Nora Carter

PEANUT BUTTER FUDGE

2 c. sugar
¾ c. milk
¼ tsp. salt
¾ c. peanut butter
2 tsp. vanilla

Boil sugar, milk, and salt until forms soft ball. Cool slightly. Stir in remaining ingredients. Beat until loses its gloss. Pour in buttered 8x8 inch pan. Cool and cut in squares.

JoAnn Allen

PEANUT BUTTER CANDY

2 c. sugar
½ c. milk (evaporated, not diluted)
2 Tbsp. water

Cook to soft ball stage. Remove from heat and set in pan of cold water.

Add:

⅓ c. peanut butter
2 Tbsp. butter
1 tsp. vanilla

Beat until it loses its gloss. Pour into greased 8 or 9 inch pan.

Ellie Johnson

REESIE'S PEANUT BUTTER CUPS

1 (6 oz.) pkg. semi-sweet chocolate chips
4 Nestle's milk chocolate bars
1¼ c. peanut butter

Put chocolate chips, chocolate bars, and ¼ cup peanut butter in top of double boiler over hot, not boiling, water, stirring till smooth. Use small muffin tin liners or cut regular cupcake liners down to a 1 inch depth. Spoon *half* of the chocolate mixture equally into the liners. Melt the rest of the peanut butter over hot water and spoon this equally over the chocolate layer. Top with remaining chocolate. Refrigerate to allow cups to set up before serving.

Reesie Douglas

PEANUT BUTTER BON BONS

1 lb. powdered sugar
1 stick butter
1 jar peanut butter
1 pkg. chocolate almond bark

Mix first 3 ingredients thoroughly; roll into small balls. Melt almond bark; dip balls into bark and place on wax paper. Allow to cool.

Patti Bowlds

IT COULD BE A SNICKERS BAR

12 oz. soft ice cream
1 c. Cool Whip
¼ c. crunchy peanut butter
1 pkg. butterscotch pudding (dry)
3 oz. Grape-Nuts cereal

Mix first 4 ingredients in mixer, then stir in cereal. Pour into 8 inch square pan. Cover and freeze.

Rita McBride

GOOEY CLUSTERS

1 large pkg. miniature marshmallows
1 bag chocolate chips
2 c. dry roasted peanuts
1 can Eagle Brand milk
2 tsp. butter

Melt chocolate chips in pan with Eagle Brand milk. While this is heating, mix marshmallows and peanuts in a large bowl. Pour melted mixture over nuts and marshmallows. Mix together. Pour in buttered pan. Chill 2 hours and cut.

Amy Willis

CRISP PEANUT CANDIES

2⅔ c. vanilla or white chocolate chips
¼ c. peanut butter
3 c. crisp rice cereal
1 c. peanuts

In heavy saucepan, heat vanilla chips and peanut butter over very low heat until melted; stir until smooth. Add the cereal and peanuts; stir to coat. Drop by tablespoonfuls onto waxed paper; let stand until set. Store in an airtight container at room temperature. Yield: 4½ dozen.

Tonia Shocklee

PEANUT BRITTLE

Use iron skillet. Bring ½ cup water to boil.

Add:

2 c. sugar
1 c. syrup

Cook to hard boil stage. Add 2 cups raw peanuts and cook to golden brown, or until funny smell.

Stirring constantly, add:

2 Tbsp. butter
1 tsp. vanilla
2 tsp. soda

Pour onto buttered pan; a round pizza pan would work well.

Louise Johnson

FRUITY PEBBLES TREATS

6 to 6½ c. Fruity Pebbles
1 bag big marshmallows
1 stick butter

Melt butter; add marshmallows. Let simmer on low until completely melted. Remove from heat and stir in cereal; be sure that it is all covered really good. Spread evenly in a buttered cake pan. Let set until really cool. Yields about 20.

Amy Willis

NUTTY RICE CRISPY TREATS

¼ c. butter
1 (10 oz.) pkg. marshmallows
6 c. cocoa-flavored crispy rice
1 c. peanut butter chips
¾ c. peanuts (optional)

Butter a 13x9 inch pan. In a large pan, over low heat, melt the marshmallows and butter. Stir in remaining ingredients; mix well. Press mixture into the pan. Cool and cut into 36 bars.

Amy Willis

CHERRY SURPRISE DELIGHT

1 small can crushed pineapple, drained
1 can cherry pie filling
1 large container Cool Whip
1 c. chopped pecans
1 can Eagle Brand milk

Mix together in large bowl and chill until ready to serve.

Patti Bowlds

JELLO DELIGHT

2 boxes any flavor jello
1 can crushed pineapple, drained
1 small container small curd cottage cheese
1 small container whipped topping

Combine cottage cheese and whipped topping. Whip well with spoon for about 5 minutes. Stir in pineapple. Mix in jello. Let stand in refrigerator for 3 hours.

Amy Willis

BROKEN GLASS TART

1 small box grape jello, prepared as directed
1 small box cherry jello, prepared as directed
1 small box lime jello, prepared as directed
24 graham crackers, mashed fine
1 c. sugar
⅓ c. melted margarine
1 env. unflavored gelatin
¼ c. cold water
1 c. pineapple juice
½ pt. heavy whipping cream

Jell separately the 3 kinds of jello. Cut into small cubes when firm. Set aside 1 cup of graham cracker crumbs for topping. Add ½ cup of sugar and ⅓ cup melted margarine to remaining crumbs and press into the bottom of a 13x9 inch pan or dish.

Dissolve 1 envelope unflavored gelatin in ¼ cup cold water. Heat ¼ cup of pineapple juice; add to the dissolved gelatin. Add the remaining ¾ cup pineapple to the gelatin mixture. Whip whipping cream; add ½ cup sugar. Mix with gelatin mixture, then refrigerate until partly firm; fold in cubed jello. Pour over crumb crust and refrigerate several hours, until firm. Sprinkle with topping.

Joyce Dame

FRUIT PIZZA

Bake sugar cookie dough on pizza pan; spread dough to edges of pan before baking.

Topping:

1 pkg. cream cheese, softened
1 c. powdered sugar
1 (8 oz.) Cool Whip

Beat the above ingredients until fluffy; spread over cool cookie dough. Top with various fruits that are in season - kiwi, strawberries, grapes, or others.

Ellie Johnson

CINNAMON PASTRIES

1 loaf white sandwich bread
1 (8 oz.) pkg. cream cheese, softened
¼ c. sugar
1 egg yolk
¼ c. melted butter

Mix:

¾ c. sugar
¾ tsp. cinnamon

Discard heel and first slice from each end of loaf. Trim crusts from remainder of slices. Mix together cream cheese, ¼ cup sugar, and egg yolk. Spread cream cheese mixture on one side of each slice of bread. Roll each slice like a jelly roll. Cut each roll in half. Brush with melted margarine and roll in cinnamon sugar mixture. Place in jelly roll pan and freeze. Store frozen in airtight container. To serve, take out desired number and place on ungreased cookie sheet or jelly roll pan. Bake at 350° for 15 to 20 minutes, or till lightly browned. Yield: 36 to 44 small pastries.

Tonia Shocklee

PECAN TASSIES

1 (8 oz.) cream cheese, softened
1 c. Parkay margarine
2 c. plain flour
2 eggs, beaten
1½ c. brown sugar
2 tsp. vanilla
1½ c. chopped pecans

Combine cream cheese and margarine till blended. Add flour and mix well. Chill and divide dough into quarters, then each quarter into 12 balls. Press each ball into mini cupcake pan, bringing dough up sides of pan. Combine eggs, brown sugar, and vanilla, then stir in pecans. Put filling into cupcake pans, filling each one about ¾ full. Bake for 30 minutes at 325°.

Ellie Johnson

EASY WOMAN'S COBBLER

1 c. flour
1 c. sugar
1 c. milk
1 stick butter
1 (15 oz.) can any fruit (such as peaches, cherries, pineapple, plums, fruit cocktail, blackberries, blueberries, etc.)

Mix together flour, sugar, and milk; pour into 8x8 inch baking dish. Melt butter and add to flour mixture, then add fruit of your choice. Bake at 350° for 30 minutes, or until done.

Vonnie St. Clair

QUICK PEACH COBBLER

1 c. self-rising flour
1 c. sugar
1 c. milk
1 stick butter
1 large can sliced peaches with syrup

Combine first 4 ingredients in 9x12 inch pan. Mix well, then add peaches. Bake at 350° until golden brown.

Peggie Sullivan

MOM'S BANANA PUDDIN'

3 Tbsp. flour
3 egg yolks
½ tsp. vanilla
2 c. sugar
1 stick butter
2 c. milk
1 box vanilla wafers
5 or 6 bananas

Mix flour and sugar to get lumps out. Add milk to mixture. Beat eggs with a fork, then add eggs, butter, and vanilla to mixture. Heat on low, stirring constantly, until thickened. Layer vanilla wafers, bananas, and mixture in dish. Cool and serve.

Myrtle Douglas

PUMPKIN CAKE ROLL

3 eggs
1 c. sugar
⅔ c. pumpkin
1 tsp. lemon juice

Beat eggs on high speed for 3 minutes; gradually beat in sugar. Stir in pumpkin and lemon juice; set aside.

¾ c. flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. ginger
½ tsp. nutmeg
½ tsp. salt

Combine all these ingredients, then fold into pumpkin mixture. Spread in greased and floured 15x10x1 inch pan. Top with 1 cup finely chopped walnuts. Bake at 375° for 15 minutes. *Do not overbake.* Turn out on towel; sprinkle with powdered sugar. Starting at narrow end, roll towel and cake together; cool. Unroll and fill with filling.

Filling:

1 c. powdered sugar
2 (3 oz.) pkg. cream cheese
4 Tbsp. butter
½ tsp. vanilla

Beat until smooth. Spread over cake; roll up and chill. Keep it covered with foil and keep refrigerated.

Barbara Thomasson

HOMEMADE SHERBET ICE CREAM

2 cans Eagle Brand milk
1 (2 liter) Orange Crush
1 can crushed pineapple, drained

Mix all ingredients; put in ice cream freezer.

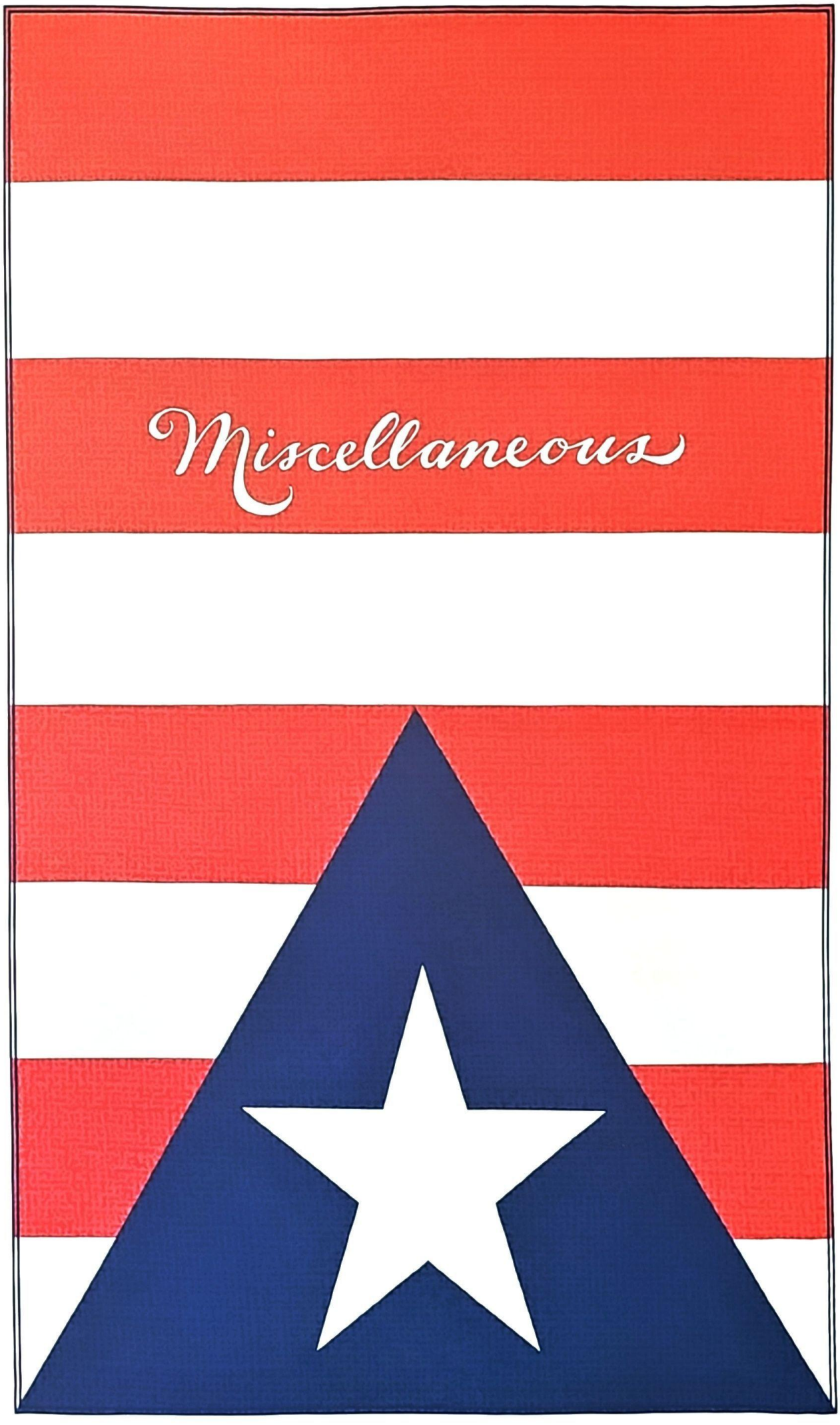
Louise Johnson

HOMEMADE ORANGE SHERBET

1 small can crushed pineapple
1 can Eagle Brand milk
6 cans Orange Crush

Mix all ingredients together in ice cream freezer. Freeze until hard.

Tonia Shocklee


Miscellaneous

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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MISCELLANEOUS

HAPPINESS

2 heaping cups of patience
1 heartful of love
2 handfuls of generosity
Dash of laughter
1 headful of understanding

Sprinkle with kindness. Add plenty of faith and mix well. Spread over a period of a lifetime and serve everybody you meet.

Dyanne Baker

FISH BATTER

2 c. all-purpose flour
3 c. pancake mix
3 c. club soda
1 Tbsp. onion powder
1 Tbsp. seasoned salt

Dip moistened fish pieces evenly, but lightly, in the flour. Dust off any excess flour and allow pieces to air-dry on waxed paper about 5 minutes. Whip the pancake mix with the club soda to the consistency of buttermilk - pourable, but not too thin and not too thick. Beat in the onion powder and seasoned salt.

Reesie Douglas

QUICK AND EASY TARTAR SAUCE

1 c. salad dressing
½ c. pickle relish

Mix well.

Billy Douglas

POPCORN BALLS

7 c. popped popcorn
1 c. sugar
½ c. water
⅓ c. corn syrup
1 tsp. salt
¼ c. butter
1 tsp. vanilla

Pop popcorn; set it aside and make sure there are not unpopped kernels. Mix all ingredients together; cook until mixture forms a soft ball in cold water. Pour mixture over popcorn and mix well, then form balls. (Squeeze together so that they are firm.) Let cool.

LeeAnn Render

CRACKLY CORN

1 c. sugar
¼ c. butter
½ c. dark corn syrup
½ tsp. vanilla
½ tsp. salt
8 c. popped popcorn

Mix first 5 ingredients; pour over popcorn. Toss gently to coat corn. Bake at 200° for 1 hour.

Larry McBride

FUN DOUGH

3 c. flour
1 c. salt
3 Tbsp. salad oil
1 c. water
Food coloring of choice

Mix dry ingredients together. Mix food coloring and water; add oil. Mix into dry ingredients. Add more water as necessary to form a soft, pliable dough. Keep dough in a sealed container.

Reese Douglas

PEANUT BUTTER PLAYDOUGH (Edible)

1 (18 oz.) jar peanut butter
6 Tbsp. honey
Nonfat dry milk

Mix ingredients with enough nonfat dry milk to form into a workable dough.

Rita McBride

CLAY ORNAMENTS

4 c. all-purpose flour
1 c. salt
1½ c. cold water
Christmas cookie cutters
Shellac
Ribbons for hangers

Mix flour and salt together. Slowly add water while stirring with a fork until smooth, adding a small amount of water or flour if needed. Roll dough on a floured surface to ¼ inch thickness. Cut with cookie cutters. Place ornaments 1 inch apart on ungreased baking sheet. Punch "hanging holes" with a drinking straw. Bake in a preheated 300° oven for 30 to 45 minutes. Baking time will vary with size of ornaments. When completely cool, paint ornaments with tempera paints or leave natural. Coat with shellac.

Rita McBride

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Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by ⅓ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

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Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

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Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^{*}}{\text{total calories}} \times 100 = \%\ \text{of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\%\ \text{of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

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"Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES: TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✔	✔	✔
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✔ ✔	✔ ✔	✔ ✔
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✔ ✔	✔ ✔	✔ ✔
1 c. whole milk	• 1 c. skim milk	✔	✔	✔
1 c. cream	• 1 c. evaporated skim milk	✔	✔	✔
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✔ ✔ ✔	✔ ✔ ✔	✔ ✔ ✔
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✔ ✔	✔ ✔	✔ ✔
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✔ ✔	✔ ✔
1 c. shortening	• 7 fluid oz. vegetable oil		✔	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✔	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✔		
1 can condensed cream soup	• Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery *or* ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	✔	✔	✔

KEY:
TF = total fat
SF = saturated fat
C = Cholesterol

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Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no, without,* and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little, few,* and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low,* a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer.*

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar.*
The term also carries two other meanings:

- ✦ A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ✦ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified, enriched,* or *added,* this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

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Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- Taste food before salting. Salt food only sparingly at the table.
- Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

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Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✔									✔	✔				✔	✔	
Pork				✔					✔						✔		✔
Veal			✔				✔			✔				✔			✔
Ground Meat	✔	✔			✔				✔		✔						
Poultry			✔				✔			✔				✔		✔	
Fish						✔	✔	✔								✔	
Eggs					✔		✔						✔	✔			
Soups/ Stews	✔	✔	✔	✔	✔			✔				✔					✔
Sauces		✔												✔		✔	
Pasta				✔													
Rice		✔					✔					✔					
Popcorn									✔								
Asparagus				✔													
Beets				✔													
Broccoli											✔		✔				
Cabbage				✔				✔									
Carrots			✔	✔													
Cauliflower							✔									✔	
Green Beans								✔			✔						
Lima Beans						✔	✔								✔		
Potatoes										✔					✔		✔
Tomatoes		✔					✔		✔				✔				
Salads				✔		✔						✔					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
1 tsp. garlic powder
1½ Tbsp. onion powder
½ Tbsp. ground pepper
½ Tbsp. thyme, crushed
1 tsp. sage
½ tsp. marjoram, crushed
1 Tbsp. paprika
½ tsp. basil, crushed
½ tsp. ground oregano

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Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.

FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ✦ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ✦ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ✦ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ✦ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

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Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

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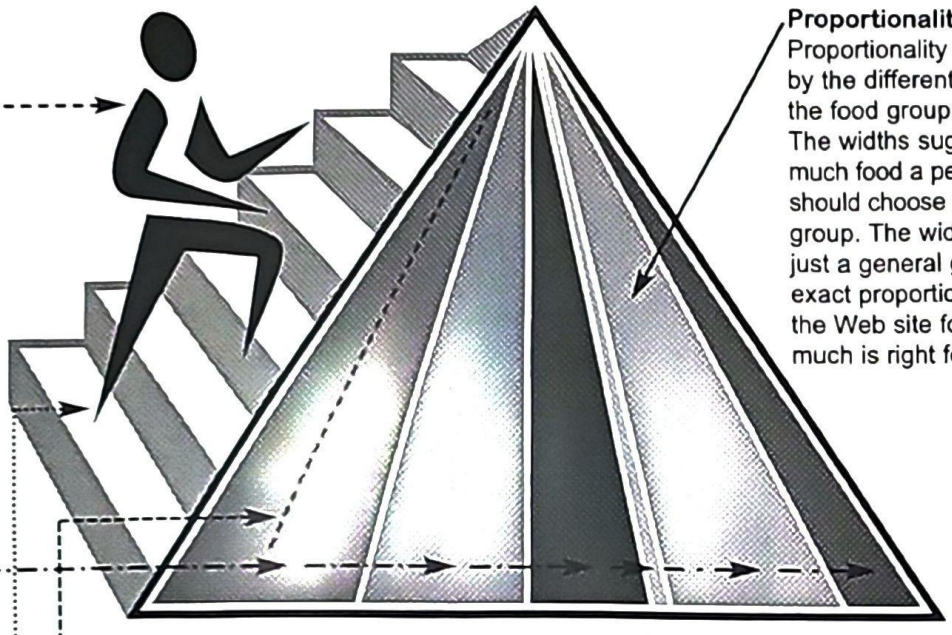
Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.



Proportionality
Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.Check the Web site for how much is right for you.

Activity
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation
Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization
Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Variety
Variety is symbolized by the 6 shaded bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement
Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Inside the Pyramid

Grain

Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

Vegetable

Vary your veggies

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

Fruit

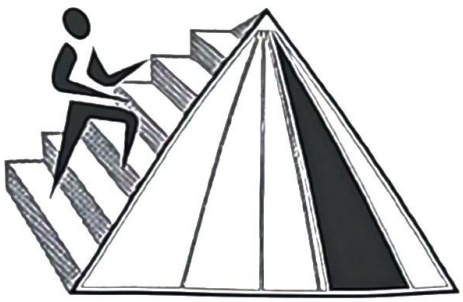
Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices

Oil

Know your fats

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard



Milk

Get your calcium-rich foods

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources

Meat & Beans

Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices – with more fish, beans, peas, nuts, and seeds

Physical Activity *(Find your balance between food and physical activity.)*

- Be physically active for at least 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Understanding the Nutrition Facts Food Label

The ***Nutrition Facts*** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The ***Percent of Daily Value*** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven ***Descriptive Terms*** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more,* and *good source.* Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The ***Ingredients List*** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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